

August 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

See Inside the Newsletter

AUGUST 4

Kidney Smart Education Class

AUGUST 12

EYE want to Help presentation

AUGUST 14

Medicare 101

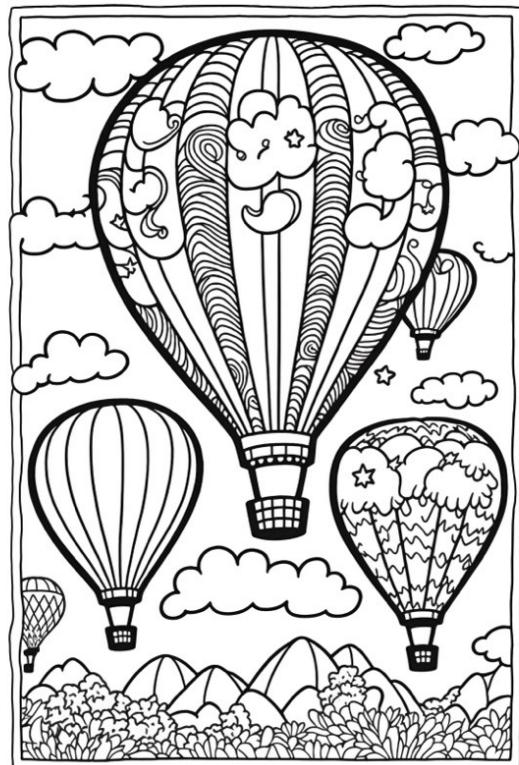
AUGUST 28

Tropic Like IT's Hot Dance

PUZZLE TABLE

Help us put the puzzle together, it's
located in the Meal Site!

AUGUST 2025



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

FUN IN AUGUST



TUESDAY, AUGUST 5 / 4:00-6:00PM / BRING A SNACK TO SHARE LINE DANCE PARTY

LET US SPIN SOME TUNES FOR YOU TO DANCE, TO LISTEN AND TO RELAX.

WELCOME TO MEDICARE 101 / THURSDAY, AUG 14 /10AM-12:00

If you're turning 65, you are probably overwhelmed by all of the information bombarding you about Medicare. Medicare offers different options for health care coverage. Start here to get the basics and find out how Medicare works.

EYE WANT TO HELP PRESENTATION / TUESDAY, AUG 12 / 10:45AM

Mary Jones, Social Worker for the Blind will talk about Independent Living Services and the Specialized Services provided through the **Independent Living Services Program** which enables citizens to attain their highest level of independence and self-sufficiency in their own homes. She will also discuss **Specialized Services** provided through The Medical Eye Care Program which seeks to prevent blindness and where possible to restore vision in individuals who have suffered the loss of sight.

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.

John “the AI guy” Love Presentation: Wed, August 6 10:15am

John Love will be here to talk about the in's and out's of email. He will also touch on Artificial Intelligence and how it affects your daily life. Join us for this interesting topic.

ZOOM link available / call Lisa at 919-731-1589 for the link

COMPUTER CLASSES

Beginner Class- starts Monday, 9/15, from 11:00am-12:30pm

This class runs for 8 weeks.

Intermediate Class-starts Friday, 09/19 from 11:00am -12:30pm

This class runs for 6 weeks

Please call to register

Paula: 919-731-1588

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

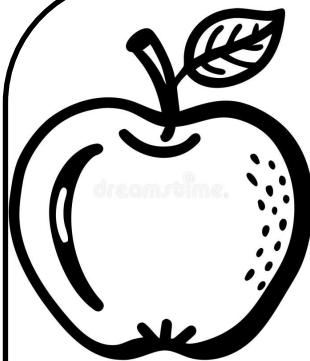
CAREGIVER CLASS: Topic- Caring for the Caregiver **Monday, August 25, 2025—5:30pm / OPEN TO THE PUBLIC**

Allison Winstead, RN, CDP with Therapeutic Alternatives, Inc is hosting 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

TROPIC Like It's HOT Dance **Thursday, August 28 / 6:00–9:00pm**

DJ Wildheart will be here to keep the party Hot! The dance is for Wayne County residents, 50 & older. Light refreshments will be served. Feel free to bring snacks to share with your table and friends. This dance is hosted by Goldsboro Parks & Recs and the Peggy Seegars Senior Center.



KIDNEY SMART EDUCATION CLASS

Sponsored by:
Davita Kidney Care

Hosted by: Annetta Otis

Monday, August 4 / 10:00am

Ready to take control of your Kidney Health? This class is focused on what causes kidney disease and what can be done to manage a healthy lifestyle.

Seating is limited

SINGER LIAM ROCKA

TUESDAY, AUG 19 / 10:30AM

It's time to immerse yourself in the powerful vocals of Liam Rocka. Come on out and experience the emotion and talent of this young singer. Experience the magic of a live performance, when Liam belts out the opening line to "Fly Me to the Moon". Liam has drawn his inspiration from jazz legends like Frank Sinatra, Dean Martin and Nat King Cole.



PEGGY SEEGARS SENIOR CENTER

AUGUST

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:August 11 & 18 only	Arts & Craft Room	Freida Owen
3:30pm	<i>Bingocize</i>	<i>Meal Site/class full</i>	<i>Strickland/Wiggs</i>
5:30pm	Caregiver Class: August 25	Arts & Craft Room	Allison Garzo
Tuesday			
9:30am-10:30am	Arthritis Exercise	Multipurpose Room	Lisa Weston/Jean Farlow
10:00am	Billiards Challenge	Billiard Room	
10:30am- Noon	<i>Get Crafty: August 5 & 19</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 & 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	
5:00pm	Caregiver Support Group: August 12	Arts & Crafts	Shawna Mullins
Wednesday			
8:30am-10:30am	<i>Smart Device Clinics</i>	Conference Room	Kevin Grundmeier
9:00am-10:00am	Group Exercise	Multipurpose Room	Lisa Weston/Eugene K.
11:30am-12:30pm	Lunch	Meal Site	Wages
11:45am	Senior Center Birthday: August 27	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	
Thursday			
9:00am-10:00am	Arthritis Exercise	Multipurpose Room	Lisa Weston/Jean Farlow
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: <i>cancel Aug 28</i>	Meal Site	L. Weston
12:30pm-2:30pm	Create & Donate: August 14	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
Friday			
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
Saturday			
9:30am	Learn Fitness Equipment	Fitness Room	A. Strickland/ E. Wiggs
10:00am-11:00am	Beginner Line Dance	Meal Site	Frances Ward

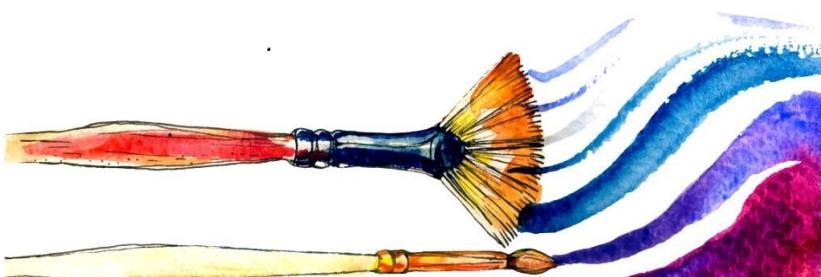
SPECIAL MONTHLY EVENTS & PRESENTATIONS

exciting ARTS & CRAFT CLASSES

CREATE & DONATE

Card Making Class / Thursday, August 14/ 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 August 5 & 19, 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.

Members may register for one class per month.

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.

CREATIVE CRAFTING

Classes are held twice a month

Monday, August 11 & 18

2:00pm —4:00pm

Unleash your creativity in this new craft class. Charlotte Porter will be on hand to instruct, guide and help where needed. Please bring scissors, a glue gun and glue for each class.

Sign up is required as seating is limited, call Lisa Weston at 919-731-1589.

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 5:00pm 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-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

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 dis-

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 August

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**

October 23, 2025 / 2-3:30 pm

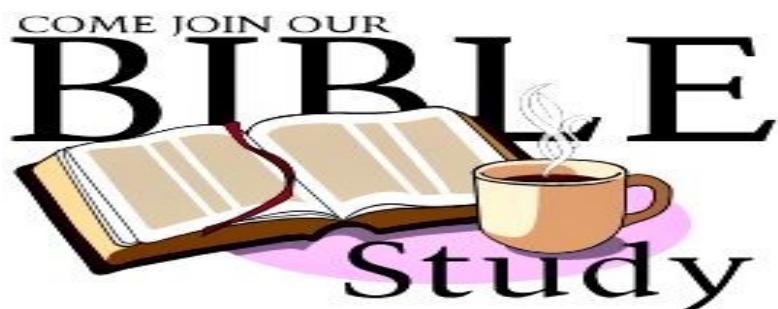
Are you or a loved one hearing impaired? Simply meeting up with others going through a similar struggle can be invaluable. The Peggy Seegars Senior Center will host the Deaf and Hard of Hearing Support Group, led by Jennifer Cabe.

BIBLE STUDY

BIBLE STUDY

Mondays-10:30am-11:15am

Various Leaders



SUPPORT groups

JOURNEY TOGETHER **CAREGIVER SUPPORT GROUP**

Tuesday, August 12

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 who are also caregivers.