

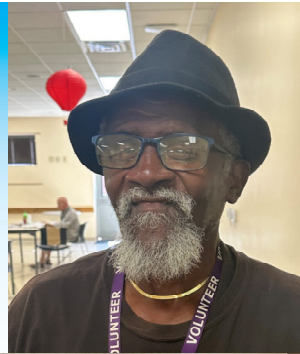
September 2025

**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

COMPUTER CLASS
Beginner & Intermediate

SHRED-A-THON

STARLIGHT DANCE BAND

AARP DRIVER SAFETY

PRESENTATIONS

VETERANS TOWN HALL

CENTER CLOSINGS / SEPTEMBER

CLOSED / Sept 1st-Labor Day

CLOSED / Sept 20th

Shred-A-Thon

September 2025

Our Senior Center Volunteers gave over 484 hours of service at the Senior Center in July. Our Volunteers have saved the County over \$ 5043.

We would like to Thank others who made contributions to the Center:

St. Stephens Episcopal Church

\$500

First Presbyterian Church Foundation

\$3,000

J. L. Maxwell, Jr. Foundation

\$3,100

Friends of the Peggy M. Seegars
Senior Center

Seated Elliptical

To all who give: Thank You!

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

WCSOA

2001 E. Ash Street,

Goldsboro, NC 27530

Phone:(919) 731-1591

www.waynegov.com

AROUND THE CENTER

FREE SHREDDING EVENT

OPEN TO THE PUBLIC

Saturday, September 20

9 :00am-Noon

Senior Center Parking Lot

Bring your confidential documents for shredding. There is a five-bag maximum per vehicle and we will only take paper. No discs, no binders or trash. Staples and paper clips DO NOT need to be removed. Binder clips MUST be removed prior to being brought to the event.

NO plastics, notebooks, books, magazines, or newspapers.

The Senior Center is CLOSED on this Saturday for the event.

Sponsored by: Southern Bank & Trust



STARLIGHT DANCE BAND

Friday, September 26 / 6:30pm

The smooth music of the Starlight Dance Band brings big band sound and promises to be a music-filled relaxing evening. This event is open to Wayne County residents 50 years and older.

Light refreshments will be served.

Common Conditions that Affect Seniors

Wednesday, September 10 / 10:45am

WCSOA staff RN, Toni Boone, will present a brief overview of hypertension, heart attacks and strokes. She will discuss some risk factors, signs and symptoms, and some ways to reduce the risks. A ZOOM link is

END OF SUMMER LINE DANCE PARTY

TUESDAY, SEPTEMBER 16 / 4:00-6:00PM / BRING A SNACK TO SHARE

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

exciting CLASSES & ACTIVITIES

TECHNOLOGY—FREE Smart Device Clinics

Wednesday / 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.

Your session will be hands on, make sure you bring your device.

COMPUTER CLASSES

Beginner Class— begins Monday, September 15

1:00am-12:30pm

This class runs for 8 weeks.

Intermediate Class—begins Friday, September 19

11:00am –12:30pm

This class runs for 6 weeks

Please call to register

Paula Reich: 919-731-1588

BINGO*cize*®

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. The National Council on Aging approves this class as an evidence-based falls prevention program.

Classes begin: Monday, Sept 8

Classes: Mon & Thurs

3:30-4:30pm

Space is limited, please call 919-731-1589 to register for Bingocize.

Bible study

Meets every Monday

10:30am-11:15am

Various Leaders / Meal Site

CARDS & GAMES

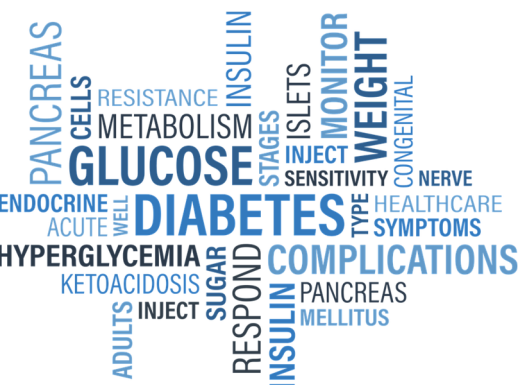
PINOCHLE: / Wednesday / 12:30-4:30pm & Friday / 1:30-4:30pm

RECREATIONAL CARDS: / Wednesday/ 1:00-4:30PM

BOARD GAMES: / Wednesday / 1:00-4:30pm

CHECKERS, BINGO & JIGSAW PUZZLE / Drop In

YOUR CALENDAR JUST GOT MORE EXCITING-SAVE THESE DATES!



Diabetes presentation: Sept 16 / 10:30am

Prevention & Healthy Living Presentation If you want to stay healthy, active and informed, join us for this informative presentation.

Diabetes: **FREE** Diabetes Risk Screening

Thursday, Sept 25 / 10:00am-2:00pm

Know your numbers-questionnaire, height, weight, BMI, blood pressure and A1c.

Hosted by Billy Tart, DNP, RN, UNC Health Wayne

VOICES OF PRAISE "A CELEBRATION"

SEPTEMBER 23 / 2:00PM

If you need your spirits to be lifted, join us for this performance as the choir sings a variety of hymns and gospel music.

DRAMA CLUB PERFORMANCE "THE GREAT CELEBRATION"

SEPTEMBER 9 / 2:00PM

The Senior Center members are anxious to get to the Senior Center to join their friends and participate in the special activities featured on this day at the Center.



Dessert with the Director

Wednesday, September 10 at 12:00 noon

Dessert this day is anything but ordinary. Join us to have dessert with the Director.

Do you have suggestions, ideas, or concerns you would like to share with someone at the Center. Here's your chance, Oh, and you get dessert

| | | | |
|--|---|-------------------|-------------------------------------|
| | PEGGY SEEGARS SENIOR CENTER | September | 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 |
| 11:00am-12:30pm | Beginner Computer Class:begins 9/15 | Computer Lab | Class is 8 weeks / Paula R |
| 11:30am-12:30pm | Lunch | Meal Site | Wages |
| 2:00pm-4:00pm | Creative Crafting: Sept 8 & 22 | Arts & Craft Room | Charlotte Porter |
| 3:30pm | Bingocize: begins 9/8 | Meal Site | Strickland/Wiggs |
| 5:30pm | Caregiver Class: Sept 22 / OPEN to Public | Arts & Craft Room | Allison Winstead |
| Tuesday | | | |
| 9:30am-10:30am | Arthritis Exercise | Multipurpose Room | Lisa Weston/Jean Farlow |
| 10:00am | Billiards Challenge | Billiard Room | |
| 10:30am- Noon | Get Crafty: Sept 9 & 23 | 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 | Aug 5-Sept 30, 2025 |
| 1:00pm-3:00pm | Crochet & Knitting Group | Meal Site | |
| 2:00pm-4:00pm | Drama Club | Meal Site | |
| 5:00pm | Caregiver Support Group: Sept 9 | Arts & Crafts | Shawna Mullins |
| Wednesday | | | |
| 8:30am-10:30am | Smart Device Clinics | 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: Sept 24 | Meal Site | |
| 12:30pm-2:30pm | Painting Group | Arts & Craft Room | |
| 12:30pm-4:30pm | Pinochle: cancel 09/24 | Multipurpose Room | |
| 1:00pm-4:30pm | Recreational Cards:cancel 09/24 | 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 | Viola Titus Support Group:meets 9/25 only | Arts & Crafts | Mary Jones |
| 1:00pm-1:30pm | Beginner Line Dance: cancel Sept 25 | Meal Site | L. Weston |
| 1:30pm-2:30pm | Intermediate Line Dance:cancel Sept 25 | | L. Weston |
| 12:30pm-2:30pm | Create & Donate: Sept 11only | Arts & Crafts | Donna Moerie |
| 3:30pm | Bingocize: 10 weeks | Meal Site | Strickland/Wiggs |
| 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 |
| 11:00am-12:30pm | Intermediate Computer Class:begins 9/19 | Computer Lab | Class is 6 weeks / Paula R |
| 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: 9/26-end at 4:00pm | Multipurpose Room | Don Ebron |
| Saturday | | | |
| 9:30am | Learn Fitness Equipment: cancel 9/20 | Fitness Room | A. Strickland/ E. Wiggs |
| 10:00am-11:45am | Brain Injury Support Group: meets 9/13 only | Arts & Crafts | Pier Protz |
| SPECIAL MONTHLY EVENTS & PRESENTATIONS | | | |
| Tuesday / 09/09 | Drama Club Presentation | 2:00pm | Drama Club / Meal Site |
| Wednesday / 09/10 | Common Conditions that Affect Seniors | 10:45am | Toni Boone, RN / Meal Site |
| Wednesday / 09/10 | Dessert with the Director | 12:00 noon | Paula Edwards / Meal Site |
| Tuesday / 09/16 | End of Summer Dance Party | 4:00pm-6:00pm | Meal Site |
| Tuesday / 09/16 | Diabetes Presentation | 10:30am-11:30am | Billy Tart / Meal Site |
| Wednesday / 09/17 | Pictionary | 10:30am-11:30am | Lisa/Meal Site |
| Thursday / 09/18 | AARP Driver Safety | 10:00am-2:00pm | AARP / Arts & Crafts |
| Saturday / 09/20 | Shred-A-Thon | 9:00am-Noon | PSSC Parking Lot |
| Tuesday / 09/23 | Voices of Praise Concert | 2:00pm | Voices of Praise / Meal Site |
| Wednesday / 09/24 | Veterans Town Hall | 3:30-4:30 pm | Fayetteville VA Coastal Health Care |

exciting **ARTS & CRAFT CLASSES**

CREATE & DONATE

Card Making Class / Thursday, September 11 / 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!



JEWELRY CRAFTERS

Thursdays

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.

GET Crafty:

**Make time to make stuff
September 9 & 23, 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.

CREATIVE CRAFTING

Classes are held twice a month

Monday, Sept 8 & 22

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 tone and easy stretches for flexibility.

DANCE CLASSES

Thursday-Beginner Line Dance - 1:00pm

**Thursday -Intermediate Line Dance-
1:30pm**

Friday -Ballet-11:00am / Tap- 12:00pm

Saturday-canceled-To be Determined

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

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 Center

National Senior Center Month Powering Possibilities: Flip the Script

Celebrated every year in September, National Senior Center Month is a time to shine a light on senior centers, showing the entire nation how vital they are to the health and well-being of a community. Senior centers provide countless hours of support and encouragement to older adults. Now more than ever, we understand the importance of belonging and making connections. Senior Centers are places where people gather, support one another and build community.

VETERANS TOWN HALL

September 24 / 3:30-4:30 PM

Goldsboro and Wayne County Veterans are invited to a town hall held at the Peggy Seegars Senior Center. Fayetteville NC VA Coastal Health Care System executive leaders, local Goldsboro Clinic staff, and senior program staff will provide updates on health services and answer Veteran questions.

This is FREE and OPEN to the PUBLIC

AARP DRIVER SAFETY COURSE

THURSDAY, SEPTEMBER 18 / 10:00AM-2:00PM

Driving is like riding a bike, you never forget how, but it doesn't hurt to refresh your driving skills and knowledge, especially if it can save you money.

The course may qualify you for a multiyear discount on your car insurance.

Consult your insurance agent for details.

The fee for this class is \$20 for AARP members and \$25 for non-members.

PICTIONARY

Wednesday, Sept 17 / 10:30am

One person draws a picture of a word they are shown, without using any letters, numbers, words or gestures and the people on your team must guess the word.

CENTER INFORMATION

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 or-

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

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.

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 Tracy Gardner 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



SUPPORT groups & Classes

VIOLA TITUS FRIENDSHIP GROUP

Thursday, Sept 25/1:00pm

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 Sup-

CAREGIVER CLASS:

Topic- Dementia & Falls

**Monday, Sept 22, / 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.

JOURNEY TOGETHER CAREGIVER SUPPORT GROUP Tuesday, Sept 9 / 5:00pm

Sponsored by: Gentiva Hospice of Goldsboro

Hosted by: Shawna Mullins, a Hospice Care Consultant

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.