

October 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

October 2025



Center Hours

Monday / Tuesday / Thursday

7:30am-7:00pm

Wednesday / Friday

7:30am-5:00pm

Saturday / 8:30am-12 noon

CLOSED Sunday

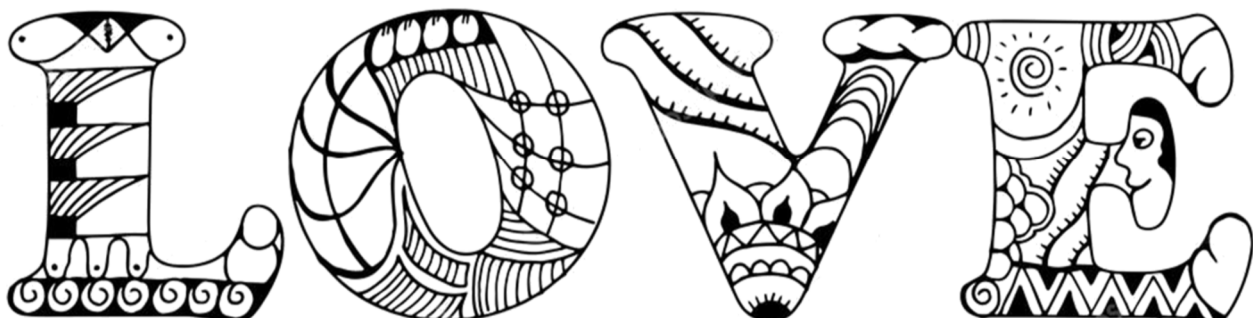
Peggy Seegars Senior Center
WCSOA

2001 E. Ash Street,
Goldsboro, NC 27530
Phone:(919) 731-1591
www.waynegov.com



NEW SENIOR CENTER HOURS

When the clocks fall back in November, allowing for more daylight hours in the morning and the evenings get dark earlier, we will adjust our Center hours. Beginning Monday, November 3, 2025, we will be open from 7:30am to 5:00pm Monday thru Friday and Saturday from 8:30am to 12 noon.



AROUND THE CENTER

FREE. FUN, FELLOWSHIP: ATTENTION CAREGIVERS / CAREGIVERS' DAY OUT

We would like to care for the caregivers of Wayne County! On November 19, 2025, at the Senior Center, we have planned a special day for **unpaid caregivers**. If you are an older adult that is a caregiver or you are a caregiver of an older adult, we want to take care of you for a day. We will have many activities planned for you to enjoy. There will be Drums Alive, resource tables, Lunch, crafts, door prizes, and more. Registration begins at 8:30am and the event will be from 9:15am to 2:00pm. **Due to limited space, you must pre-register to attend.** It is FREE! To pre-register, please contact Holly Jones at 919-705-1928 by November 12.



OCTOBER 22 / 12 NOON - 1:00 PM
JOIN US TO SING SOME TUNES!!

FALL SCAVENGER HUNT
TUESDAY / OCT. 28 / 10:30 AM
WEAR SOMETHING ORANGE TO GET IN
ON THE FUN!



AROMATHERAPY WORKSHOP

MONDAY, OCT 20 / 10:15 AM

REGISTRATION REQUIRED

CALL 919-731-1589

SEE FLYER FOR MORE INFORMATION

BIBLE TRIVIA

WEDNESDAY, OCT 8 / 10:30 AM

CLASS WILL BE LEAD BY FAITH



FALL FUN LINE DANCE PARTY

TUESDAY, OCTOBER 14 / 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.

Hiking group

Wednesday / October 29 –11:00am

Meet at the Cliffs of the Neuse Visitors Center. We will hike to the pace of the slowest walker. Registration is required, call 919-731-1589, this ensures that no one is left behind. If you have registered and find you can not make it

COMPUTER CLASSES

Beginner Class— begins

Wednesday, November 5 and ends
Wednesday, December 17

11:00am-12:30pm

Registration is required

Please call Paula Reich at
919-731-1588

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, WORD SEARCH &

JIGSAW PUZZLE

Drop In

Bible study

Meets every Monday

10:30am-11:15am

Various Leaders / Meal Site



YOUR CALENDAR JUST GOT MORE EXCITING-SAVE THESE DATES!

KIDNEY SMART EDUCATION CLASS

Sponsored by: Davita Kidney Care

Hosted by: Shannon Lanier, LPN

Monday, Oct 13 /10:00am—noon

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

Call 919-731-1589 to register or for a ZOOM link.

ALL THINGS WAGES MEALS AT THE SENIOR CENTER

Tuesday, October 14 / 10:45am

Meal Site Coordinator, Tina Humphrey will go over your road map to lunch at the Center, from signing up to calling in to reserve a lunch. If you have lunch at the Center, make sure you are here for this presentation.

Christmas at The Max

Wednesday, December 3

10:30am / Doors open at 10:00am

Christmas at The Max **requires a reservation**. Active Senior Center members will receive tickets first; non-active members will be placed on a wait list. Beginning October 15, you may sign up yourself and spouse only, no friends. For reservations, call Lisa at 919-731-1589. Lisa will not accept calls from the Front Desk phone. Leave a message with your name, the name of your spouse (who must also be an active member), and a phone number.

Tickets can be picked up on Wednesday, November 12 from 1:00-3:00pm, Thursday, November 13 from 10:15-noon and Friday, November 14 from 10:15am-noon. If you DO NOT pick your ticket up it will be forfeited. Tickets are non-transferable and the

	PEGGY SEEGARS SENIOR CENTER	October	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	<i>Creative Crafting: October 6 & 20</i>	<i>Arts & Craft Room</i>	<i>Charlotte Porter</i>
3:30pm	<i>Bingocize: begins 9/8</i>	<i>Class is FULL</i>	<i>Strickland/Wiggs</i>
5:30pm	Caregiver Class: Oct 27 / 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	<i>Get Crafty: October 7 & 21</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	<i>WCC Beginning Sewing \$\$\$</i>	<i>Arts & Craft Room</i>	<i>October 7- December 9</i>
1:00pm-3:00pm	Crochet & Knitting Group	Meal Site	
2:00pm-4:00pm	Drama Club	Meal Site	
5:00pm	Caregiver Support Group: Oct 14	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: October 29	Meal Site	
12:30pm-2:30pm	Painting Group	Arts & Craft Room	
12:30pm-4:30pm	Pinochle	Multipurpose Room	
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	Viola Titus Support Group: October 30	Arts & Crafts	Mary Jones
1:00pm-1:30pm	Beginner Line Dance	Meal Site	L. Weston
1:30pm-2:30pm	Intermediate Line Dance		L.Weston
12:30pm-2:30pm	Create & Donate: Oct 23	Arts & Crafts	Donna Moerie
3:30pm	<i>Bingocize: 10 weeks</i>	<i>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-11:45am	Brain Injury Support Group:meets 10/11 only	Arts & Crafts	Pier Protz
SPECIAL MONTHLY EVENTS & PRESENTATIONS			
Wednesday, Oct 8	Bible Trivia	10:30am	Faith Mooring
Monday, Oct 13	Kidney Smart Education Class	10:00am	Shannon Lanier, LPN
Tuesday, Oct 14	All things WAGES meals at the Center	10:45am	Tina Humphrey
Tuesday, Oct 14	Fall Line Dance Party	4:00-6:00pm	
Wednesday, Oct 15	State Tarheel Legislature	11:00am	Martha Bryan
Monday, Oct 20	Aromatherapy Workshop	10:15am	Roderica Worrell
Wednesday, Oct 22	Karaoke	12 noon	
Tuesday, Oct 28	Fall Scavenger Hunt	10:30am	
Wednesday, Oct 29	Hiking Group	11:00am	Cliffs of the Neuse
<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>		<i>\$\$\$=fee</i>	

exciting **ARTS & CRAFT CLASSES**

CREATE & DONATE

Card Making Class / Thursday, October 23 / 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

October 7 & 21, 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, October 6 & 20

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-Beginner Line Dance - 1:00pm

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

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

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 recommend 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 Center



COMING SOON:

VETERANS APPRECIATION CEREMONY NOVEMBER 7 / 10:00 AM

On Friday, November 7 at 10:00 am, the Peggy M Seegars Senior Center will be observing our Veterans. We invite all our senior Veterans to attend so that we may honor you for your service. Civilians are welcome to come and show their appreciation. For more information, call Bertha Darden at 919-731-1586. If you are Veteran and will attend the ceremony, please contact Bertha Darden with your name, branch of service, rank, and phone number.

Senior Tarheel Legislature Representative Martha Bryan

Martha Bryan, STHL Delegate and Mary Stevens STHL Alternate for Wayne County will present an update on the latest session of the Legislature. Seniors will learn what recommendations are being made to our lawmakers concerning senior citizens. As part of this presentation, you will have an opportunity to ask questions, provide feedback and present any senior related concerns or issues to our representatives. Join us on **Wednesday, October 15, 2025, at 11:00am**, for this presentation. ZOOM is available. Call 919-731-1589 at least one day prior for a Zoom link.

MEDICARE D OPEN ENROLLMENT

The open enrollment period for Medicare D is October 15 to December 7, 2025. This is the time to review your Medicare Prescription Drug Plan or Advantage Plan. Wayne County Services on Aging has SHIP counselors who can help you. Counselors will be available on a first come, first served basis on Monday, Tuesday and Wednesday, from 9:00 – 12:00, starting October 15 through December 2. Please **remember you must bring your Medicare card and all current medication bottles**. For more information, contact Natasha Artis at 919-731-1608.

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 919-731-1595. **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, October 30/1:00pm

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:

**Monday, October 27, / 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, October 14 / 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.