

November 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



NOVEMBER

THIS
MONTH
AT
PSSC
SENIOR CENTER

Social & Activity Center



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.

PEGGY SEEGARS

November 2025

November Closings

Tuesday, November 11 for Veterans Day.

Wednesday, November 19, until 2:00PM for our Caring for the Caregiver event.

Thursday, Friday & Saturday, November 27, 28 & 29 for Thanksgiving.

Beginning November 3

Center Hours

Monday—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

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. If you are Veteran and will attend the ceremony, please contact Bertha Darden at 919-731-1586 with your name, branch of service, rank, and phone number. The doors close promptly at 10am, guests will be allowed in as ceremony allows.

Christmas at The Max /Wednesday, December 3

Christmas at The Max **requires a reservation.** **Ticket-Pick-Up-** if you have a reservation you must pick up your ticket at one of the following times: November 12 at 1:00-3:00pm, November 13 and 14 at 10:15am-noon. If you DO NOT pick up your ticket it will be forfeited. Tickets are non-transferable. As of this time, there is a waiting list for tickets.

Wayne County Health Department Vaccine Clinic

The Wayne County Health Department will be at the Senior Center to offer Flu, Shingles, RSV and Pneumonia vaccines on Thursday, November 20th from 9:00am to 1:00pm. **Pre-registration is required**, please call Lisa Weston at 919-731-1589.



Givin' Thanks Line Dance Party

Tuesday, November 25th from 2:30-4:30pm. Bring a snack to share and join us for fellowship and fun. **For members ONLY.**

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

Monday, November 17 -10:30am

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 please call to let us know.

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 &

JIGSAW PUZZLE

Drop In

Bible study

Meets every Monday

10:30am-11:15am

Various Leaders / Meal Site

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

WORD SEARCH

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turkey family inspire change
sweater autumn scarf cozy
pumpkin thankful meal pie



YOUR CALENDAR JUST GOT MORE EXCITING-SAVE THESE DATES!

Diabetes Health Informative

Jennifer Loper, RN, and Maddison Taylor, RN, Wayne UNC Healthcare Navigators, will be here on Wednesday, November 12 at 10:30. They will present important information on diabetes. Learn how you can make lifestyle changes to help control diabetes. Zoom is offered, call 919-731-1589 for a Zoom link.

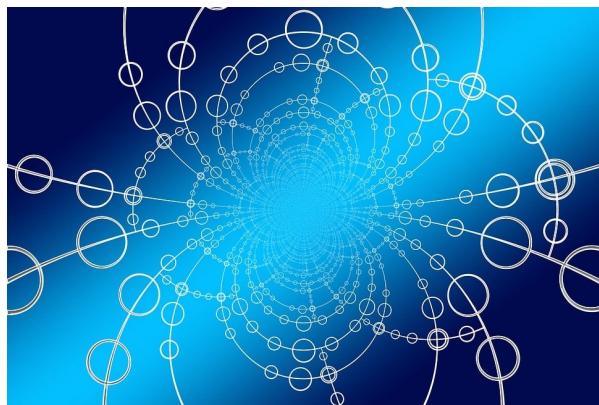
Cynthia Livingston- Digital Navigator

Tuesday, November 4

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.

If you have questions about a device, a how to question or any TECH question at all, Cynthia will be available to help you. It is on a first come, first served basis. She will work one on one with



AARP Driver Safety Class

Thursday, November 20

10:00am-2:00pm

"The AARP Smart Driver course not only updates your awareness of new road design, traffic laws, and how to adjust your driving to compensate for physical changes, it may also qualify you for a multiyear discount on your car insurance*." (*Consult your insurance agent for details.) This course does have a fee, \$20.00 for AARP members and \$25.00 for non-members.

Register:

aarp.driversafetycourse.com or call Lisa Weston at 919-731-1589.



PEGGY SEEGARS SENIOR CENTER

November

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: Nov 3 & 10</i> | Arts & Craft Room | Charlotte Porter |
| 3:30pm | <i>Bingocize: begins 9/8</i> | Class is FULL | Strickland/Wiggs |
| 5:30pm | Caregiver Class: Nov 24 / 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: Nov 4 & 18</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> | Arts & Craft Room | October 7- December 9 |
| 1:00pm-3:00pm | Crochet & Knitting Group | Meal Site | |
| 2:00pm-4:00pm | Drama Club | Meal Site | |
| 5:00pm | Caregiver Support Group: Oct 13 | Arts & Crafts | Shawna Mullins |
| Wednesday | | | |
| 8:30am-10:30am | <i>Smart Device Clinics</i> | Conference Room | Kevin Grundmeier |
| 9:00am-10:00am | Group Exercise: cancelled Nov 19 | Multipurpose Room | Lisa Weston/Eugene K. |
| 11:30am-12:30pm | Lunch; cancelled Nov 19 | Meal Site | Wages |
| 11:45am | Senior Center Birthday: Nov 26 | Meal Site | |
| 12:30pm-2:30pm | Painting Group | Arts & Craft Room | |
| 12:30pm-4:30pm | Pinochle L: cancelled Nov 19 | Multipurpose Room | |
| 1:00pm-4:30pm | Recreational Cards: cancelled Nov 19 | Meal Site | |
| 1:00pm-3:00pm | Womens Billiards: cancelled Nov 19 | 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: does NOT meet | Arts & Crafts | Mary Jones |
| 1:00pm-1:30pm | Beginner Line Dance: cancel Nov 6 | Meal Site | L. Weston |
| 1:30pm-2:30pm | Intermediate Line Dance: cancel Nov 6 | | L. Weston |
| 12:30pm-2:30pm | Create & Donate: Nov 13 | Arts & Crafts | Donna Moerie |
| 3:30pm | <i>Bingocize: 10 weeks: cancel Nov 6</i> | Class FULL | Strickland/Wiggs |
| 5:00pm | Learn Fitness Equipment | Fitness Room | A. Strickland/ E. Wiggs |
| Friday | | | |
| 9:00am-9:45am | Cardio Exercise: cancel Nov 7 | Multipurpose Room | Lisa Weston |
| 10:00am-10:45am | Chair Exercise: cancel Nov 7 | Multipurpose Room | Vanessa Burton |
| 11:30am-12:30pm | Lunch | Meal Site | Wages |
| 11:00am-12:00pm | Ballet: cancel Nov 7 | 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 | | | |
| Tuesday, Nov 4 | Digital Navigator | 10:45am | Cynthia Livingston |
| Wednesday, Nov 5 | <i>Beginner Computer</i> | 11:00am-12:30pm | Paula R. |
| Friday, Nov 7 | VETERANS APPRECIATION PROGRAM | 10:00am | |
| Wednesday, Nov 12 | Diabetes Health Informatiive | 10:30am | UNC Navigators |
| | Christmas Ticket Pick-Up | See inside for dates & times | |
| Wednesday, Nov 19 | Caring for the Caregiver | 8:30am | |
| Thursday, Nov 20 | Health Department Vaccine Clinic | 9:00am-1:00pm | |
| Thursday, Nov 20 | AARP Driver Safety | 10:00am-2:00pm | Makeda Wyche |
| Tuesday, Nov 25 | Givin' Thanks Line Dance Party | 2:30-4:30pm | |

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

Italics=registration required

\$\$\$=fee

exciting ARTS & CRAFT CLASSES

CREATE & DONATE

Card Making Class / Thursday, November 13 / 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 November 4 & 18, 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

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.

CREATIVE CRAFTING

Classes are held twice a month

Monday, November 3 & 17

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

DANCE 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.

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 recommend an orientation. Proper set-up and use of the fitness equipment helps to ensure a safe and effective fitness program. Sessions are on Tuesdays at 4:00pm or Saturday at 9:30am.

SENIOR 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 activities 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.

CHRISTMAS RAFFLE FUNDRAISER

The Senior Center is raffling off Toy Chest full of retro toys donated by Freda Owen. A perfect time to win this prize! This would be a great present for that special grandchild, or grandchildren or keep it for yourself. This chest of toys will take you down memory lane. Do you remember the old six shooter cap gun? It's in there, along with a cowboy hat and sheriffs badge. So many fun items to enjoy. The tickets can be purchased for \$5.00 each. The drawing will be held on December 16 during the Ugly Sweater Party.

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 SHIIP 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. Note that SHIIP counselors will not be available on Wednesday, November 26.

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 organiza-

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.
Please, no clothing or books.

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



SUPPORT groups & Classes

VIOLA TITUS FRIENDSHIP GROUP NO meeting in November

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 Will resume in the new year

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.

CAREGIVER CLASS:

Monday, November 24 / 5:30pm OPEN TO THE PUBLIC

Dementia & Alzheimer's

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

Thursday, November 13 / 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.

TOPIC: Grief & Loss