

January 2026

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

*New Year*  
HAPPY

THIS  
MONTH  
AT

PEGGY SEEGARS  
**PSSC**  
SENIOR CENTER

Social & Activity Center



**The Senior Center is for Wayne County Citizens aged 60 years and older. You must be a member of the Senior Center to participate in activities and events unless otherwise noted differently. Member sign-ups are by appointment. Call Hermanita Harris at 919-705-1784 for an appointment.**

**Senior Center Hours of Operation for Fall/Winter**

Monday—Friday

7:30am-5:00pm

Saturday / 8:30am-12 noon

CLOSED Sunday

January 2026

**January Closings**

Thursday, January 1, 2026  
for New Years Day

Monday, January 19, 2026  
for MLK Day

**STAFF DIRECTORY**

Paula Edwards-Director

Holly Jones-Asst. Director

Toni Boone-IHA RN

Wanda Medlin-IHA Coordinator

Bertha Darden-Transportation

Natasha Artis-Info & Ops Counselor

Mary Jones-Social Worker/Blind

Peggy Tate-SHIIP

Gail Jones-SHIIP

Lisa Weston-Program Manager

Angela Strickland-Program Coordinator

Evelyn Wiggs-Program Coordinator

**Peggy Seegars Senior Center  
WCSOA**

2001 E. Ash Street,

Goldsboro, NC 27530

Phone:(919) 731-1591

[www.waynegov.com](http://www.waynegov.com)

YOUR CALENDAR JUST GOT MORE EXCITING

# CORNHOLE

Wednesday, January 21st at 9:30 am we will hold our 6th annual Senior Center Super Bowl Classic. Come dressed in YOUR NFL team gear and compete in the Corn Hole Super Bowl Competition. We want to see who can represent their team the loudest! This event is FREE for our senior center members.

Sign-ups for the competition are located at the front desk. You must sign up with your partner prior to January 16. All teams that have preregistered must check in at 9:00 am on game day.

For more information, contact Lisa Weston at 919-731-1589.

## DRUMS ALIVE

Mondays in January / 12:00p—12:45p

Drums Alive combines dynamic, aerobic movements with pulsating rhythms of drumming.



## Pictionary / Tuesday, January 13 at 10:45am

Test your drawing skills during this charade inspired guessing game. Everybody takes a turn drawing, guessing and laughing!

## Motown Karaoke /Tuesday, January 20 at 10:30am

Time to get your groove on and sing!

## Let's Dance Line Dance Party

Tuesday, January 6th from 2:30-4:30pm. Bring a snack to share and join us for fellowship and fun. For members ONLY.



# 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

**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.**

### 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**

Chair exercises offer a low-impact way to build strength, improve flexibility, and boost cardio using just a sturdy chair.

### 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. See newsletter calendar for dates and times.

Mon	Tue	Wed	Thu	Fri	Sat
<b>JANUARY</b> 2026	Coming -February 4 Senior Games Health Fair Goldsboro Event Center 9a-12 noon	<b>Group Exercise cancelled / Wednesday, 1/21</b> <b>Classes in Italics require Advance Registration</b>	<b>Closed</b> <b>New Year's Day</b>		
5.	6. Tone & Tighten / 9:00am Bible Study / 10:30am Lunch / 11:30am Learn Exercise Equip / 4:00pm	7. Arthritis Exercise / 9:30am Billiards Challenge / 10:00am Get Crafty / 10:30am Lunch / 11:30am Choir / 12:30am Crochet & Knitting / 1:00pm Drama Club / 2:00pm	8. Smart Device Clinic / 8:30am Group Exercise / 9:00am Bible Study / 10:15am Lunch / 11:30am Painting Group / 12:30pm Pinochle / 12:30pm Recreational Cards / 1:00pm Women's Billiards / 1:00pm	9. Arthritis Exercise / 9:00am Bingo / 10:00am Lunch / 11:30am Jewelry / 12:30p Beginner Line Dance / 1:00pm Intermediate Line Dance / 1:30pm	10. Cardio Exercise / 9:00a Chair Exercise / 10:00am Ballet / 11:00am Lunch / 11:30am Tap / 12:00pm Learn Exercise Equip / 2:00pm
12.	13. Tone & Tighten / 9:00am Bible Study / 10:30am Lunch / 11:30am Creative Crafting / 2:00pm Learn Exercise Equip / 4:00pm	14. Arthritis Exercise / 9:30am Billiards Challenge / 10:00am Lunch / 11:30am Choir / 12:30am Crochet & Knitting / 1:00pm Drama Club / 2:00pm Journey Together / 5:00pm	15. Smart Device Clinic / 8:30am Group Exercise / 9:00am Bible Study / 10:15am Lunch / 11:30am Painting Group / 12:30pm Pinochle / 12:30pm Recreational Cards / 1:00pm	16. Arthritis Exercise / 9:00am Bingo / 10:00am Lunch / 11:30am Jewelry / 12:30p Beginner Line Dance / 1:00pm Intermediate Line Dance / 1:30pm	17. Cardio Exercise / 9:00a Chair Exercise / 10:00am Ballet / 11:00am Lunch / 11:30am Tap / 12:00pm Learn Exercise Equip / 2:00pm
19.	20. Arthritis Exercise / 9:30am Billiards Challenge / 10:00am Lunch / 11:30am Choir / 12:30am Crochet & Knitting / 1:00pm Drama Club / 2:00pm	21. Smart Device Clinic / 8:30am Bible Study / 10:15am Lunch / 11:30am Painting Group / 12:30pm Pinochle / 12:30pm Recreational Cards / 1:00pm Women's Billiards / 1:00pm	22. Arthritis Exercise / 9:00am Bingo / 10:00am Lunch / 11:30am Jewelry / 12:30p Beginner Line Dance / 1:00pm Intermediate Line Dance / 1:30pm	23. Cardio Exercise / 9:00a Chair Exercise / 10:00am Ballet / 11:00am Lunch / 11:30am Tap / 12:00pm Learn Exercise Equip / 2:00pm	24. Cardio Exercise / 9:00a Chair Exercise / 10:00am Ballet / 11:00am Lunch / 11:30am Tap / 12:00pm Learn Exercise Equip / 2:00pm
26.	27. Tone & Tighten / 9:00am Bible Study / 10:30am Lunch / 11:30am Learn Exercise Equip / 4:00pm Caregiver Class/ 5:30pm	28. Smart Device Clinic / 8:30am Group Exercise / 9:00am Bible Study / 10:15am Lunch / 11:30am Painting Group / 12:30pm Pinochle / 12:30pm Recreational Cards / 1:00pm Women's Billiards / 1:00pm	29. Arthritis Exercise / 9:00am Bingo / 10:00am Lunch / 11:30am Create & Donate / 12:30pm Jewelry / 12:30p Beginner Line Dance / 1:00pm Intermediate Line Dance / 1:30pm	30. Cardio Exercise / 9:00a Chair Exercise / 10:00am Ballet / 11:00am Lunch / 11:30am Tap / 12:00pm Learn Exercise Equip / 2:00pm	31. Cardio Exercise / 9:00a Chair Exercise / 10:00am Ballet / 11:00am Lunch / 11:30am Tap / 12:00pm Learn Exercise Equip / 2:00pm

# SUPPORT Groups & Classes

## VIOLA TITUS FRIENDSHIP GROUP January 22 / 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 January 10 / 10:00am

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 January 22 / 2:00pm

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, January 26 / 5:30pm  
OPEN TO THE PUBLIC  
Music & Activities for Dementia  
Sponsored by: Therapeutics Alternatives  
Mental Health Team  
Hosted by: Allison Winstead

Offering monthly education 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, January 13 / 5:00pm

Sponsored by: Gentiva Hospice of Goldsboro

Hosted by: Shawna Mullins, a Hospice Care Consultant

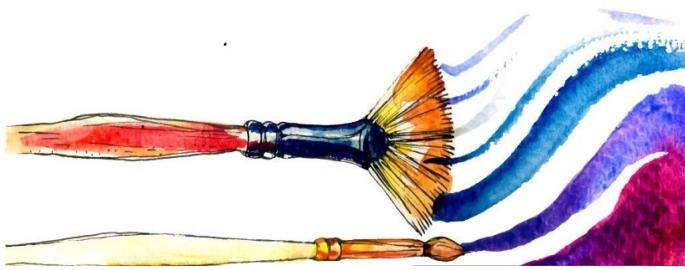
This group offers an opportunity to those who are caring for a loved one to come together for support, sharing and time to talk with others who are also caregivers.

# exciting ARTS & CRAFT CLASSES

## CREATE & DONATE

Card Making Class | Thursday, January 29 | 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 January 6 & 27 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, January 12

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.

# 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

Tuesday, January 13 -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.

Hike Leaders:

Mark Debruine & Barbara Sadler

## Cards & Games

### PINOCHLE

Wednesday / 12:30-4:30pm

### RECREATIONAL CARDS

Wednesday/ 1:00-4:30PM

### BOARD GAMES

Wednesday / 1:00-4:30pm

### CHECKERS &

### JIGSAW PUZZLE

Drop In

Meets every Monday

10:30am-11:15am

Various Leaders / Meal Site

Wednesdays

10:15-11:15am

Martha Rowe / Arts & Crafts



# 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. 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



NC DEPARTMENT OF  
**INSURANCE**  
SENIORS' HEALTH INSURANCE  
INFORMATION PROGRAM

## VOLUNTEER

WE HAVE VOLUNTEER POSITIONS FOR ALMOST EVERYONE!

Front Desk, Gift Shop and Activity Positions

If you prefer a little bit of each let us know.

FOR MORE INFORMATION CONTACT:

Hermanita Harris, Volunteer Coordinator / 919-705-1784

## MEDICARE ADVANTAGE PLAN / OPEN ENROLLMENT

Do you have a Medicare Advantage plan? The open enrollment period for Medicare Advantage is January 1st to March 31st. This is the time to review your Advantage Plan and make changes for the New Year. Wayne County Services on Aging has SHIIP counselors who can help you. For more information, or to schedule an appointment, contact Natasha Artis at 919-731-1608.

### **Low Income Energy Assistance Program (LIEAP)**

Low Income Energy Assistance Program (LIEAP) provides a one-time annual vendor payment to help eligible families pay their heating expenses. The Federally Funded Low-Income Energy Assistance Program provides eligible households with a one-time payment to their heating vendor to offset the high cost of heating during the cold-weather months.

Households including individuals aged 60 or older or an individual receiving disability benefits and services through NCDAAS are eligible to sign up for assistance from December 1-31.

Wayne County households who want to apply for energy assistance may pick up an application at the County Office Building (DSS) 1560 Clingman St., Goldsboro.

For more information regarding LIEAP contact the Department of Social Services at 919-731-1577 to complete a telephone interview and/or have an application mailed to them.