

**Office Contact Information**

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**Peggy M. Seegars Senior Center**

The Senior Center provides a place where older adults can meet together, receive services, and participate in various activities. The Senior Center serves as a focal point for activities that are designed to meet the mental, physical, emotional and social needs of the older adult regardless of economic status.

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**Mission Statement**

To enhance the lives of older adults through programs, services, and activities which encourage independence, involvement, and advocacy within the community.

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**Donations**

We will gladly accept all monetary donations for any of our programs or services.

Craft items, Bingo prizes, clothing, food, durable medical equipment or personal care items (lotion, soap, deodorant, depends etc.) donations also accepted, Clean and in Good Condition.

All Donations are tax deductible ask for a Receipt.

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**Volunteers Are Needed!!**



**Hours of Operation**

**Monday, Tuesday,  
Thursday & Friday**

**7:30 am — 8:30 pm**

**Wednesday 7:30 am – 6:00 pm**

**Saturday 10:00 am — 2:30 pm**

**Open to any Wayne County  
Resident 60 and older**

**2001 E Ash Street**

**Goldsboro NC 27530**

**Phone: 919-731-1591**

**Fax: 919-580-4024**

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

### Nutrition Site

WAGES provides a nutritious hot meal for Wayne County Residents age 60 and older. Served daily at the Senior Center at 11:30 am Monday — Friday.

This program promotes the health and well being of older adults and provides opportunities to attend educational programs that enhance healthy living and nutrition.

### Recreation & Education

Sewing, Jewelry Making, Painting, Bible Study, Line Dancing, Adult Coloring, Trivia, Trips & Outings, **BINGO**, cards, Billiards, Health Promotion, Exercise, Fitness Room with Treadmills, Elliptical etc.

Bi-Monthly Blood Pressure Checks

Monthly Birthday Celebrations with Cake & Ice Cream

Special Events & Educational Programs at Various Times announced in Newsletter

**Stop by for a Monthly Calendar of Events**

### Information & Options Counseling

A service designed to link persons with resources available to meet their needs and/or interests. i.e.

In-Home Services

Legal Services

Emergency Assistance

Referrals

Durable Medical Equipment (DME)

Advocacy, Abuse, Neglect Services

Insurance Counseling

Health Care

Home Repair

Housing Assistance

Agency Referrals

Medication Management

Alzheimer's Information

**Contact:**

**Selena Beaman**

**919-731-1608**

### In-Home Services

Wayne County Services on Aging In-Home Services provide trained aides to help older persons remain in or return to their homes with maximum personal independence. The services include help with personal care, planning and preparing meals, and household tasks that cannot be managed alone.

Services can reduce the need for continued hospital or convalescent nursing home care.

### Pathway of Hope

Pathway of Hope is a Group Respite Day Program designed to help caregivers and families coping with Alzheimer's Disease and other memory loss conditions.

The program provides temporary relief to caregivers while giving the participants an opportunity to engage in social & recreational activities that are designed to maximize cognitive and social skills in a secure & safe environment that enhances a good quality of life.

**Monday, Wednesday, Thursday  
9:00 am—2:00 pm**