

APRIL 2022

THE PEGGY SEEGARS SENIOR CENTER

WAYNE COUNTY SERVICES ON AGING

A GREAT PLACE TO BE 60+ IN WAYNE COUNTY, NC

He has risen!

THE WISER WAYNE BEAT

SEE INSIDE FOR MORE INFORMATION ON:

SENIOR PLANET TRAININGS

- All Things Zoom
- Video Chat on Zoom

SENIORS IN THE KNOW

- Advocacy Event & Ice Cream Social

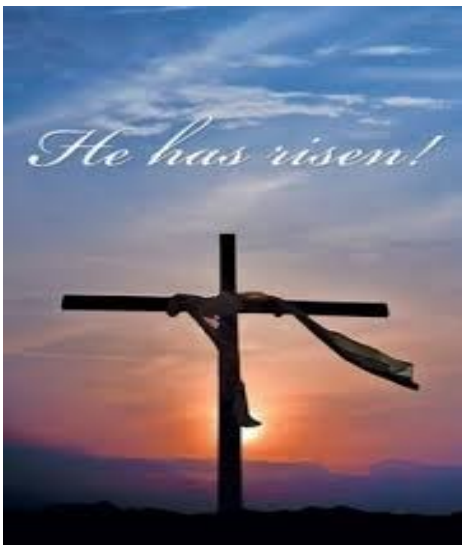
MISSION STATEMENT

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

THE WISER WAYNE BEAT



Wayne County Services on Aging-WCSOA
Peggy Seegars Senior Center
2001 E. Ash St., Goldsboro NC 27530
Phone: (919) 731-1591
Fax: (919) 580-4024
www.waynegov.com

Monday-Friday: 7:30am-5:00pm

For closing information on inclement weather go to
www.waynegov.com or 919-731-1150

Upcoming EVENTS

APRIL 1

In Your Easter Bonnet

APRIL 14

Spring Showers
Advocacy Event
&
Ice Cream Social
Easter Stroll &
Competition

CLOSED

APRIL 15

Good Friday

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April is a month of transition. It arrives when winter has just ended and spring is beginning, symbolizing a period of rebirth. Turning the calendar to April is a task we enjoy. April means longer days, trees in bud, warm sunshine and plenty of pollen. Catch up on all the events, information and programs in this issue of our newsletter.



Senior Support Services

NUTRITION SERVICES

MEALS AT

PEGGY SEEGARS SENIOR CENTER

Lunch is available in the meal site Dining Room, Monday—Friday at 11:30am. Applications for the Meal Program are taken between the hours of 9:00am and 10:30am, then from 12:00pm-1:00pm. Please see

SUPPORT GROUPS

VIOLA TITUS FRIENDSHIP GROUP

4th Thursday of each month

1:00pm-2:30pm

A speaker is scheduled for each meeting on topics of interest to the group. The group does not meet in June, July or August. Transportation is arranged with GWTA for clients living in Wayne County.

BRAIN INJURY SUPPORT

2nd Saturday of each month

10:00am—11:45am

Provides information and resources for survivors, socialization, support and speakers to those who survived brain injury, their families and friends. For additional information, contact Pier Protz at 919-394-1091.

DEAF & HARD OF HEARING

This group will resume meeting in May. We will post details as information comes available.

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
Medical Transportation
Housing Assistance
Health Promotion
Friendly Caller Program
Health Screenings
Home Repair & Modifications
Assistive Devices
Insurance Counseling
Legal Services
Mental Health
Call Kathleen Ivey
919-731-1608

MEDICAL EQUIPMENT LOANS

Available for use

WALKERS-WHEELCHAIRS-CANES
SHOWER STOOLS-TRANSFER BENCHES
To schedule a loan pick up call:
Holly Williams @ 919-705-1928

Special Events

GRATITUDE IS A GREAT ATTITUDE FOR 2022 AND BEYOND

SPRING SHOWERS : ADVOCACY EVENT & ICE CREAM SOCIAL

Thursday, April 14-12:30pm

It is vital that federal lawmakers understand how impactful senior centers are in our communities and their significant contribution to the quality of life for older adults. This is why we need YOU to help express your gratitude to our lawmakers by writing thank you notes. Thank You notes will be available. Then we will scoop up some ice cream and top it off with sprinkles.

EASTER BONNET STROLL AND COMPETITION

Thursday, April 14-1:00pm

Top off the day, you say, with your Easter bonnet as we stroll the Center and let the judging begin. Registration is required for the competition by calling Lisa Weston at 919-731-1589.

STRESS AWARENESS PRESENTATION

Thursday, April 21-12:00pm

Join us with Andrew Stevens from Brookdale as he speaks on Stress Awareness and how to find healthy with stressful situations.

SENIOR GAMES EVENTS; SHUFFLEBOARD-APRIL 8 Billiards-April 18

Cardio, Chair Exercise, Intermediate Tap and Beginner Tap are CANCELLED on April 8th for Shuffleboard.

HEALTHCARE POWER OF ATTORNEY w/ Amedisys Home Health Care

Wednesday, April 6-12:00pm

Expert advice you need to know when considering Advanced Care Planning. Rhonda Griffin and Ann Starcher will be here to discuss Living Wills and the Five Wishes Living Will Document. Booklets on the Five Wishes Living Will, will be provided.

CAREGIVER CLASS w/ Allison Garzo

April 25-5:30pm-6:30pm

April Topic-Anxiety Disorder

OPEN TO THE PUBLIC

Therapeutic Alternatives Mental Health offers this monthly education series designed to provide information for individuals providing care and support for a friend or family member or if you have an interest in the geriatric population. A one-hour CEC certificate will be given to each participant. Class may be attended in-person at the Senior Center or on Zoom. To Zoom, pre-registration is required by calling Lisa Weston at 919-731-1589.

BOARD OF ELECTIONS PRESENTATION

w/ Ann Risku

Wednesday, April 13-12:00, noon

Make plans to attend this very important talk on voting and absentee voting. This upcoming election is a primary and there are some important changes in the ballot. Ms. Risku will answer questions, allow you to register to vote and make address changes to your voter status.

Arts & Crafts

IN YOUR EASTER BONNET

w/ **Francis Ward**

Friday, April 1st-Arts & Crafts

1:30pm-4:30pm

Make a one of a kind, original Easter Bonnet or Hat. Bring your own hat and ideas. Bring a hot glue gun if you have one. Your instructor has ideas and decorations for your bonnet.



Supplies: Hat or

CRAFT CLASS

w/ **Freda Owen**

Monday's in April-Arts & Crafts

2:00pm —4:00pm

Unleash your creativity! Freda Owen offers mixed media craft classes. Inspiring classes with techniques to grow your skills and nurture your creative spirit. Freda has samples of your project and ideas to share.



WAYNE COMMUNITY COLLEGE

SEWING CLASS

Tuesday's-March 15-May 3, 2022

Arts & Crafts

Register at WCC Walnut Building, Room 127 or at the Senior Center with the instructor. For more information contact Lisa Newkirk at

JEWELRY WORKSHOP

w/ **Jean Farlow**

Friday, April 22

12:30pm

Join Jean Farlow as she guides you through the basic tools and findings needed to make and design jewelry. Following that, you will design and create your own ankle bracelet.



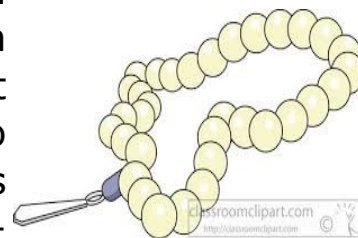
Supplies you will need to bring: Beadalon WildFire bead weaving thread-.008 in, 20mm, beads, clasp and tail chain.

JEWELRY GROUP

Thursdays-Arts & Crafts

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.



PAINTING GROUP

Thursdays-Arts & Crafts

8:30am-10:30am


Practice drawing and painting in the medium of your choice.

VOLUNTEER TEACHERS NEEDED!

Use your skills to enrich the lives of others.
Contact Hermanita Harris @ 919-705-1784

The WAGES Nutrition Program for the Elderly

April Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>hello APRIL</p>				<p>1 Chicken Stir Fry Pineapples Egg Roll Milk</p>
<p>4 Vegetable Beef Soup Pimento Cheese Sandwich Fruit Cocktail Whole Wheat Bread Oatmeal Cookie Milk</p>	<p>5 Grill Chicken Salad Three Bean Salad Tossed Salad Apple Sauce Dinner Roll Milk</p>	<p>6 Beef Tips & Noodles Spinach Pineapples Whole Wheat Roll Milk</p>	<p>7 Smoked Turkey Sausage w/ Peppers & onions German Potato Salad Steamed Cabbage Yogurt Milk</p>	<p>8 Barbecue Pork Sandwich Corn Coleslaw Fruit Cobbler Apple Juice Milk</p>
<p>11 Oven Fried Chicken Boiled New Potatoes Squash Mandarin Oranges Oatmeal Cookie Milk</p>	<p>12 Baked Pork Chops with Gravy Corn Butterbeans Peaches Biscuit Milk</p>	<p>13 Meat Loaf with tomato sauce Rice Broccoli, Cauliflower & Carrots Fruit Cocktail Vanilla Pudding Milk</p>	<p>14 Chef Salad (Turkey, Ham, Tomatoes, Cucumbers & Cheese) 3 Bean salad Pineapples Peanut Butter Cookie Milk</p>	<p>15 Hot Dog w/ Chili Baked Beans Baked Apples Yogurt Milk</p>
<p>18 Edish Meatballs w/ Gravy Rice Kale Peaches Roll Milk</p>	<p>19 Barbecue Chicken Black-eyed Peas Succotash Orange Juice Cornbread Milk</p>	<p>20 Pork Roast Red-skin Potatoes Cabbage Mixed Fruit Yogurt Milk</p>	<p>21 Chicken salad Sandwich Macaroni Salad Pears Milk</p>	<p>22 Swiss Steak Mashed Potatoes Spinach Applesauce Milk</p>
<p>25 Vegetable Lasagna Rice Kale Orange Juice Milk</p>	<p>26 Glazed Ham German Potato Salad Steamed Cabbage Peaches Corn Bread Milk</p>	<p>27 Spaghetti with Meat Sauce Tossed Salad Italian Green Beans Garlic Bread Yogurt Salad Dressing Milk</p>	<p>28 Turkey & Cheese Hoagie Potato Salad Mixed Fruit Yellow Cake Milk</p>	<p>29 Chicken Stir Fry Pineapples Egg Roll Milk</p>

Fitness

TONE & TIGHTEN-ZOOM offered

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.

CARDIO EXERCISE

Fridays-9:00am-9:45am

This class focuses on elevating the heart rate while body toning.

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 stretch finishes the class.

ARTHRITIS EXERCISE

ZOOM offered

Tuesdays-9:30am-10:30am

Thursdays-9:00am-10:00am

Get an enjoyable start to your day.

Range of motion, cardio, strength and balance round out these classes.

FITNESS ROOM

Active Living Every Day

Our Fitness Room is open during our regular business hours. Regular exercise can help older adults stay independent and prevent many health problems that come with age. Our Fitness Room can help keep you moving. Active agers should engage in moderate exercise for at least 30 minutes five days a week and perform muscle strengthening activities for two or more days a week that work all major muscle groups.

Please consult your doctor before starting any exercise program.

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.

Please make an appointment with Front Desk staff for an orientation with Lisa Weston.

ZOOM

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.

Enrichment

TECHNOLOGY

ALL THINGS ZOOM

Senior Planet Training

Tuesday, April 12-Computer Lab

12:30pm—1:45pm

LECTURE: This is a lecture on how to use Zoom to chat with family & friends. You will learn about useful Zoom features. Registration is required. Call 919-731-1589.

VIDEO CHAT WITH ZOOM

Senior Planet Training

Tuesday, April 19-Computer Lab

12:30pm-1:45pm

WORKSHOP: Zoom is a video chat platform. This interactive workshop will teach you how to connect and attend events anywhere, anytime, virtually. To attend this

IPHONE/IPAD/ANDROID CLASS

w/ Banks Peacock

Wednesday, April 13th-10:00am-11:00am

This class will teach you how to use your devices.

CARDS & GAMES

PING PONG

Monday-2:00pm-4:00pm

BOARD GAMES

Tuesday-1:00pm-4:00pm

PINOCHLE

Wednesday-12:30pm-4:30pm

Friday-1:30pm-4:30pm

RECREATIONAL CARDS

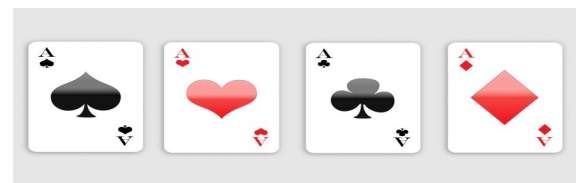
Wednesday-1:00pm-4:30pm

BINGO

Thursday-10:00am-11:15am

CORN HOLE/ PING PONG

Thursday-12:30pm-3:30pm



DANCE & MUSIC



BEGINNER LINE DANCE

w/ Freda Owen

Monday- 1:00pm-2:00pm

INTERMEDIATE LINE DANCE

w/ Lisa Weston

Thursday-1:00pm-2:00pm

INTERMEDIATE TAP

W/ Maureen Prys

Friday-11:30am-12:30pm

BEGINNER TAP

W/ Maureen Prys

Friday- 12:30pm-1:30pm

Around the Center

MEAL SITE

WII Gaming

Wii game time is listed in the calendar on Mondays and Tuesdays. Please ask Front Desk staff for Controllers.

CROCHET & KNITTING

This group meets on Tuesdays from 1:00pm-3:00pm.

DRAMA CLUB

Drama meets on Tuesdays from 2:00pm-4:00pm.

SENIOR CENTER BIRTHDAY

On the last Wednesday of every month, please join us for cake and ice cream, as we celebrate our members who have a birthday in the month. This is a great time to meet new friends and enjoy some quality time at the center.

CROCHET WORKSHOP

w/ Paula Reich

Wednesday, April 20

10:00am-11:30am

Join master crochet artist Paula for a fun and informative workshop on Crochet. During this interactive workshop you will complete a small project.

Are you having trouble with a stitch? Want to learn a new stitch? Paula can help.

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 contact Lorri Bradley at 919-731-1595.



SHIP

**Our Volunteer Counselors
are here to help with your
Medicare questions!**

To make an appointment call:

919-731-1586



NC DEPARTMENT OF
INSURANCE
SENIORS' HEALTH INSURANCE
INFORMATION PROGRAM

Around the Center

LIGHTS, CAMERA, ACTION

Complimentary Movies-Popcorn

Friday, April 8, 1:30pm
2018-PG-13 (1hr49 min)

Action-Drama

Empowered by God with supernatural strength, endangers his destiny with impulsive decisions that lead to betrayal by a wicked prince and a beautiful temptress.

Friday, April 22, 1:30pm
2020 PG-13 (1hr35 min)

Family-Drama

Travis Fox is a returning veteran struggling with PTSD and his Faith in God.

GIFT SHOP

FRIENDS OF THE SENIOR CENTER

Proceeds Benefit the Senior Center

We are open!

Gift Shop donations are always accepted. No clothing or books.

Stop in today!

TRANSPORTATION

Do you need a ride on Gateway to the Senior Center?

Please see Christine Pittman,
Transportation Coordinator.

919-731-1586

SOME DROP-IN ACTIVITIES

Computer Lab

Word Search

Horseshoes

Billiards Room

Fitness Room

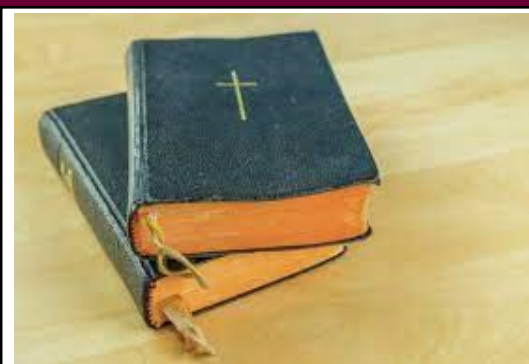
Newspapers

Puzzles

Walking Track

Checkers

BIBLE STUDY



BIBLE STUDY

w/ John Sasser

Mondays-10:30am-11:15am

Devotional Study

w/ Willie Walker

Wednesdays-10:00am-11:15am

Peggy Seegars Senior Center and Wayne County Services on Aging

APRIL 2022 Regularly Scheduled Activi-

ties

*Classes and Programs in Italics and marked with ** require pre-registration.*

Monday	Name of Class/Program	Location	Instructor/Leader
	Puzzles & Word Search	Front Desk	
9:00am-10:00am	Tone & Tighten Exercise:<i>ZOOM offered</i>	Multipurpose Room	Lisa Weston
10:30am-11:15am	Bible Study	Meal Site	John Sasser
11:30am-12:30pm	Lunch	Meal Site	Wages
1:00pm-2:00pm	Beginner Line Dance	Multipurpose Room	Freda Owen
2:00pm-4:00pm	Craft Class	Arts & Craft Room	Freda Owen
2:00pm-4:00pm	Ping Pong - Wii Gaming	Meal Site	
5:30pm-6:30pm	Caregiver Class: April 25th Only	Arts & Craft Room	Allison Garzo

Class also offered on
ZOOM

Tuesday			
9:30am-10:30am	Arthritis Exercise Class:<i>ZOOM offered</i>	Multipurpose Room	Lisa Weston
10:00am	Billiards Challenge	Billiard Room	
10:45am-11:15am	Trivia	Meal Site	
10:45am-11:15am	Show & Tell	Meal Site	
11:30am-12:30pm	Lunch	Meal Site	Wages
1:00pm-4:00pm	Wii Gaming	Meal Site	
1:00pm-3:00pm	Crochet & Knitting Group	Meal Site	
1:30pm-2:30pm	<i>Tai Chi***class is full-begins 3/8</i>	Multipurpose Room	Lisa Weston
2:00pm-4:00pm	Drama Club	Multipurpose Room	Laverne Holder

Wednesday			
9:00am-10:00am	Group Exercise:<i>ZOOM offered</i>	Multipurpose Room	Lisa Weston
10:00am-11:15am	Devotional Study	Arts & Craft Room	Willie Walker
10:00am-11:00am	iPhone/iPad/Android Class: 4/13 ONLY	Computer Lab	Banks Peacock
10:00am-11:30am	Crochet Workshop	Meal Site	Paula R
11:30am-12:30pm	Lunch	Meal Site	Wages
12:15pm-12:30pm	Senior Center Birthday: April 27th	Meal Site	
12:30pm-4:30pm	Pinochle	Multipurpose Room	Don Ebron
1:00pm-4:30pm	Recreational Cards-Board Games	Meal Site	
1:00pm-3:00pm	Womens Billiards	Billiard Room	
1:30pm-2:30pm	<i>Tai Chi***class is full</i>	Meal Site	Lisa Weston

Thursday			
8:30am-10:30am	Painting Group	Arts & Craft Room	
9:00am-10:00am	Arthritis Exercise Class:<i>ZOOM offered</i>	Multipurpose Room	Lisa Weston
10:00am-11:30am	Bingo	Meal Site	Grantham/Gill/Reid
11:30am-12:30pm	Lunch	Meal Site	Wages
12:30pm-3:30pm	Game Day-Corn Hole & Ping Pong	Meal Site	
12:30pm-2:00pm	Jewelry/In-Liners	Meal Site	
1:00pm-2:30pm	Viola Titus Support Group:April 28th	Arts & Craft Room	Mary Jones
1:00pm-2:00pm	Intermediate Line Dance:cancelled 4/14	Multipurpose Room	Lisa Weston

Friday			
9:00am-9:45am	Cardio Exercise: cancelled 4/8	Multipurpose Room	Lisa Weston-ZOOM offered
10:00am-11:00am	Chair Exercise: cancelled 4/8	Multipurpose Room	Lisa Weston
11:30am-12:30pm	Lunch	Meal Site	Wages
11:30am-12:30pm	Intermediate Tap: cancelled 4/8	Multipurpose Room	Maureen Prys
12:30pm-1:30pm	Beginner Tap: cancelled 4/8	Multipurpose Room	Maureen Prys
12:30pm-1:30pm	Jewelry Workshop:April 22nd	Arts & Crafts	Jean Farlow
1:30pm	Easter Bonnet Class	Arts & Crafts	Francis Ward
1:30pm	Movie Matinee	Meal Site	April 8 & 22, 2022
1:30pm-4:30pm	Pinochle	Multipurpose Room	Don Ebron

SPECIAL MONTHLY EVENTS & PRESENTATIONS			
9:00am	Shuffleboard: Senior Games Event	Meal Site	Friday, April 8, 2022
9:00am	Billiards: Senior Games Event	Billiards Room	Monday, April 18, 2022
9:00am-11:45am	Brain Injury Support Group	Arts & Crafts	Saturday, April 9, 2022
10:00am-11:30am	Crochet Workshop	Meal Site	Wednesday, April 20, 2022
10:00am-11:00am	iPhone/iPad/Android Class	Computer Lab	Wednesday, April 13, 2022
12:00pm-12:30pm	Healthcare Power of Attorney	Meal Site	Wednesday, April 6, 2022
12:00pm-1:00pm	Advocacy, Ice Cream Social, Easter Stroll and Competition		Tuesday, April 14, 2022
12:00pm	Brookdale Presentation	Meal Site	Thursday, April 21, 2022
12:00pm	Board of Elections Presentation	Meal Site	Wednesday, April 13, 2022
12:30pm	Jewelry Workshop	Arts & Crafts	Friday, April 22, 2022
1:00pm-2:30pm	Viola Titus Friendship Support Group	Arts & Crafts	Thursday, April 28, 2022
1:30pm-2:30pm	Tai Chi***Class is FULL	Meal Site	Runs March 8-May 11, 2022
5:30pm-6:30pm	Caregiver Class:Anxiety Disorder	Arts & Crafts/Zoom	Monday, April 25, 2022