

JANUARY 2024

THIS  
MONTH  
AT



# The Peggy seegars Senior center Social & activity center

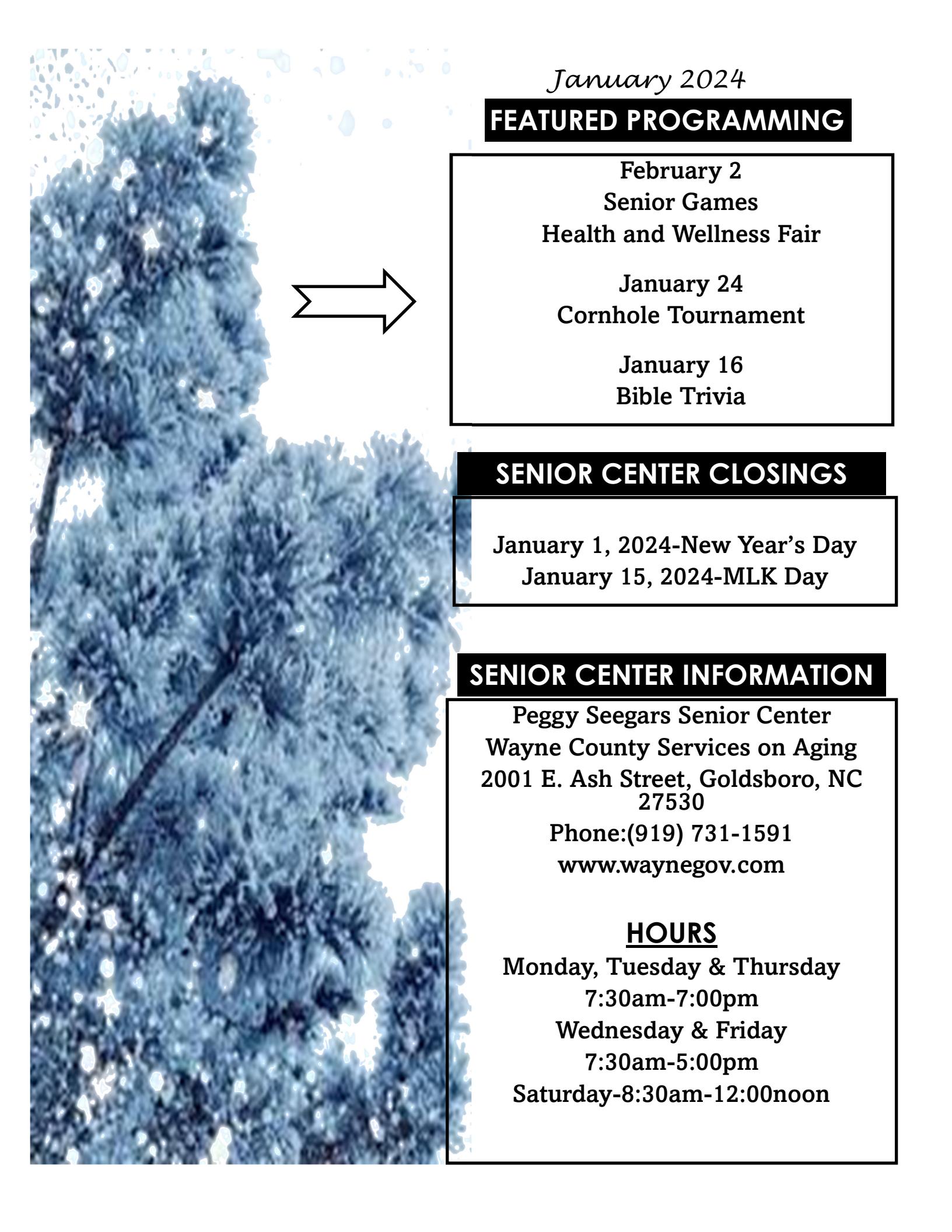
LIVING Well means AGING Well  
The best place to be 60+

THE  
WISER  
WAYNE  
BEAT



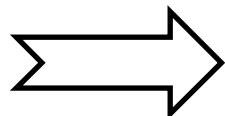
## MISSION STATEMENT

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.



January 2024

## FEATURED PROGRAMMING



February 2  
Senior Games  
Health and Wellness Fair

January 24  
Cornhole Tournament

January 16  
Bible Trivia

## SENIOR CENTER CLOSINGS

January 1, 2024-New Year's Day  
January 15, 2024-MLK Day

## SENIOR CENTER INFORMATION

Peggy Seegars Senior Center  
Wayne County Services on Aging  
2001 E. Ash Street, Goldsboro, NC  
27530

Phone: (919) 731-1591  
[www.waynegov.com](http://www.waynegov.com)

## HOURS

Monday, Tuesday & Thursday  
7:30am-7:00pm  
Wednesday & Friday  
7:30am-5:00pm  
Saturday-8:30am-12:00noon

# Senior Services

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-



## SPECIAL ANNOUNCEMENT:

There are times when events and/or classes are limited in the number of participants we can accommodate. As we move into 2024, ONLY active senior center members (those swiping in at the kiosks) will be given priority to these limited events or classes.

## 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.*

## 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

# Special Events

## CORNHOLE TOURNAMENT

- Wednesday, January 24 at 9:30 am we will hold our 4th annual Senior Center Super Bowl Classic. Come dressed in YOUR NFL team gear and compete in the Corn Hole Super Bowl Tournament. We want to see who can represent their team the loudest! This event is FREE for our senior center members.
- Sign-ups for the tournament 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.

### A1C TESTING & PRE-DIABETES SCREENING

#### MONDAY, JANUARY 8 / 10AM-NOON

Complete a FREE screening for pre-diabetes and have you're A1C tested to see if you qualify for our upcoming Diabetes Prevention Class.

### ?BIBLE TRIVIA?

Tuesday, January 16 / 4:00 pm

Meet in the Meal Site

Test your knowledge of the  
Good Book!



### Scrapbooking Class

#### 2nd Thursday of each Month 10am-Noon

Creating a scrapbook is a great way to preserve your special memories.

You can exercise your creativity.

Scrapbooks make great gifts.

Create a record of your family history.

Supplies NOT provided. What to bring:

Glue, Tape, Scissors, and photos you may want to work with or magazines to cut, a

# HEALTHY CONNECTIONS WITH EXTENSION

January , 9  
10:30AM - 12:00PM

## The Art of Conscious Living: A Journey into a Year of Mindfulness



**Sign Up Today: Limited Spots Available!**

Only 15 participants can be accommodated, so make sure to register for each class at least one week in advance.

Unfortunately, walk-ins cannot be accepted. Although the class is free, registration is mandatory for each session.

To enroll, please reach out to  
**Maryann George at (919)731-1500.**

**Location: Peggy M. Seegars Senior Center**



PEGGY SEEGARS SENIOR CENTER

# A1C TESTING & PRE-DIABETES SCREENING

**JANUARY 8, 2024 | 10AM-12PM**

Complete a screening for pre-diabetes and have your A1C tested to see if you qualify for our upcoming Diabetes Prevention Class.

Testing is provided by the Wayne County Health Department

—Special Events—

Join Us For

# **THE 2024 SENIOR GAMES HEALTH & WELLNESS FAIR**



**AT THE GOLDSBORO EVENT CENTER  
1501 S Slocumb Street, Goldsboro, NC**

**FEBRUARY 2, 2024**

**9:00AM-12:00PM**

**Health screenings for hearing, depression, blood pressure, and blood glucose, health education, and all the information you will need to stay healthy will be available. This event is open to anyone 50 years and older.**

**Hosted by:  
The Peggy M Seegars Senior Center and  
Goldsboro Parks and Rec's**

# Peggy Seegars Senior Center and Wayne County Services on Aging

## January 2024 Activity Calender      In **ITALICS** -registration required

Monday	Name of Class/Program	Location	Instructor/Leader
9:00am-10:00am	Tone & Tighten Exercise: <i>ZOOM offered</i>	Multipurpose Room	Lisa Weston
10:30am-11:15am	Bible Study	Meal Site	Various Instructors
11:30am-12:30pm	Lunch	Meal Site	Wages
12:30pm-1:00pm	Basic Line Dance Steps	Multipurpose Room	Freda Owen
1:00pm-2:00pm	Beginner Line Dance	Multipurpose Room	Freda Owen
2:00pm-4:00pm	Craft Class	Arts & Craft Room	Freda Owen
5:30pm	Caregiver Class: January 22 only	Arts & Crafts	Allison Garzo
<b>Tuesday</b>			
9:30am-10:30am	Arthritis Exercise Class	Multipurpose Room	Lisa Weston/Barbara Sadler
10:00am	Billiards Challenge	Billiard Room	
11:30am-12:30pm	Lunch	Meal Site	Wages
12:30pm-2:00pm	Choir	Multipurpose Room	Lorraine Gist
12:30pm-3:30pm	<i>WCC Beginning Sewing \$\$\$</i>	Arts & Craft Room	<i>Jan 16-Mar 05, 2024</i>
1:00pm-3:00pm	Crochet & Knitting Group	Meal Site	
2:00pm-4:00pm	Drama Club	Meal Site	LaVerne Rouse
<b>Wednesday</b>			
8:30am-10:30am	<i>Smart Device Clinics:by APPOINTMENT</i>	Conference Room	Kevin Grundmeier
9:00am-10:00am	Group Exercise: <i>ZOOM</i>	Multipurpose Room	Lisa Weston
10:00am-11:15am	Devotional Study: Begins Jan 17	Arts & Craft Room	Willie Walker
11:30am-12:30pm	Lunch	Meal Site	Wages
11:45am	Senior Center Birthday: January 31	Meal Site	
12:30pm-2:30pm	Painting Group	Arts & Craft Room	
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	
<b>Thursday</b>			
9:00am-10:00am	Arthritis Exercise Class	Multipurpose Room	Lisa Weston/Barbara Sadler
10:00am-12:00pm	Scrapbooking Class: <i>2nd Thursday Jan 11</i>	Arts & Crafts	
10:00am-11:15am	Bingo	Meal Site	Gill/Reid
11:30am-12:30pm	Lunch	Meal Site	Wages
12:30pm-2:00pm	Jewelry/In-Liners	Meal Site	
1:00pm-2:00pm	Intermediate Line Dance	Multipurpose Room	Lisa Weston
6:00pm	Learn Fitness Equipment	Fitness Room	Staff
<b>Friday</b>			
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	Movie Matinee: <i>January 12 &amp; 26</i>	Meal Site	
1:30pm-4:30pm	Pinochle	Multipurpose Room	Don Ebron
2:00pm-4:30pm	Cornhole or Shuffleboard: <i>January 19</i>	Meal Site	
<b>Saturday</b>			
9:00am-11:30pm	Cornhole & Shuffleboard	Meal Site	
10:00am-11:00am	Beginner Line Dance	Meal Site	Frances Ward
<b>SPECIAL MONTHLY EVENTS &amp; PRESENTATIONS</b>			
Monday, January 8	A1C Testing & Pre-Diabetes Screening	Meal Site	10:00am- 12 noon
Tuesday, Jan 16	Bible Trivia	Meal Site	4:00pm
Wednesday, January 24	Cornhole Tournament	Meal Site	9:30am
Thursday-Jan 4-Feb 22	Conversational Spanish w/ Nita Smith	Meal Site	2:00pm-2:45pm
Monday-Jan 22-Mar 11	Computer Basics w/ Paula Reich	Computer Lab	10:30am-noon
Monday, January 22	Caregiver Class: <i>Caring for the Caregiver</i>	Meal Site	5:30pm
Friday, February 2	Senior Games Health & Wellness Fair	Goldsboro Event Center	9:00am-noon

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

# Arts & Crafts

## CRAFT CLASS

w/ Freda Owen

Monday-Arts & Crafts

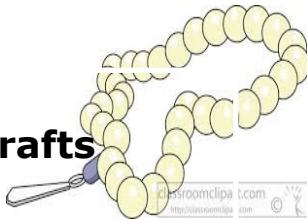
2:00pm —4:00pm

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

## 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

## Don't Miss Out

### CONVERSATIONAL SPANISH with Nita Smith

Thursdays beginning January 4th at 2:00pm

Class will meet for 8 weeks / Classes are 45 minutes

Classes held in  
the  
Meal Site



NO  
registration  
required

### CAREGIVER CLASS: Topic- Caring for the Caregiver

Monday, January 22, 2024—5:30pm    OPEN TO THE PUBLIC

Therapeutic Alternatives Mental Health Specialty Team is offering 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.

# Fitness Classes



## **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 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 stretch finishes the class.

## **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.

## **BINGOcize®**

Bingocize® combines exercise and health information with the game of bingo. This is a 10-week program designed to increase physical activity and reduce sedentary behavior making exercise enjoyable. This program is pre-approved by the National Council on Aging as an evidence-based falls prevention program.

**New class coming soon!**

## **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. Evening session is on Thursdays at 6:00pm, a day time session is by appointment, see the front desk for an appointment.

## **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

### **FREE Smart Device Clinics** **Wednesday mornings** **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.

### **BEGINNER COMPUTER CLASS**

w/Paula Reich

Mondays / 10:30am-12 noon



Classes begin January 22, 2024 and run for eight weeks.

Registration  
Required

## GROUPS, GAMES, CARDS

### **BINGO**

Thursday  
10:00 am -11:15 AM

### **BOARD GAMES**

Wednesday  
1:00 pm -4:00 PM

### **CARDS**

Wednesday  
1:00 pm -4:30 PM

### **CORN HOLE SHUFFLEBOARD**

Saturday  
9:00-11:00 AM

### **PING PONG**

Monday  
2:00 PM -4:00 PM

### **PINOCHLE**

Wednesday-12:30-4:30 PM  
Friday—1:30-4:30 PM

### **BALLET**

Friday-11:00-12:00PM  
Maureen Prys

### **BASIC Beginner**

**LINE DANCE**  
Monday-1:00-2:00PM

### **BASIC Steps for**

**LINE DANCE**  
Monday-12:30-1:00PM

### **BEGINNER LINE DANCE**

Saturday-10:00-  
11:00AM

### **INTERMEDIATE**

**LINE DANCE**  
Thursday-1:00-2:00PM

### **TAP**

Friday-12:00-1:00PM  
Maureen Prys

# Around the Center

## TAX PREPARATION:APPOINTMENT REQUIRED

AARP tax volunteers will be doing taxes this year. **Taxes are done BY APPOINTMENT ONLY.** We will begin making callbacks to schedule appointments in January. Appointments will run from February 1, 2024 thru April 9, 2024. You will need to bring your tax documents (W2's, Form 1099s, etc.). Bring proof of donations, vehicle taxes, home taxes, mortgage interest and out of pocket medical expenses. Each taxpayer must bring their original Social Security Card (no copies) for all persons claimed on the return and photo ID. Military ID cannot be used to verify Social Security. **To schedule an appointment, contact Hermanita Harris at 919-705-1784, please leave a message and your call will be returned.**

## 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.

### 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 Gloria Benton at 919-731-1595. **VOLUNTEERS NEEDED!**

### SHIIP

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

Appointments are on Tuesdays and Wednesdays.

To make an appointment call:  
919-731-1608



# Around the Center

## SUPPORT groups

### VIOLA TITUS FRIENDSHIP GROUP

**4th Thursday of the month  
1:00pm-2:30pm**

A speaker is scheduled for each meeting on topics of interest to the group. Transportation is arranged with GWTA for clients living in Wayne County. 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

**January 18-2:00pm-3:30pm**

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.

## BIBLE STUDY

**BIBLE STUDY**  
Mondays-10:30am-11:15am

**DEVOTIONAL STUDY**  
w/ Willie Walker

Wednesdays-10:00am-11:15am  
Classes will begin Jan 17, 2024



**LIGHTS, CAMERA,  
ACTION**

*Complimentary Movies-Popcorn*

#### **MEG 2**

**Friday / January 12 / 1:30 PM  
2 Hours 9 Minutes / PG-13**

***Jonas Taylor leads a research team on an exploratory dive into the deepest depths of the ocean. They must outrun their merciless predators.***

#### ***Oppenheimer***

***Friday / January 26 / 1:30 PM  
1 Hour 26 Minutes / PG 13***

***During WW II, Lt Gen Leslie Groves, Jr appoints physicist J R Oppenheimer to work on the top-secret Manhattan Project. Years are spent developing the atomic bomb.***