

THIS
MONTH
AT:



FEBRUARY 2024

THE PEGGY SEEGARS SENIOR CENTER

SOCIAL & ACTIVITY CENTER

LIVING WELL MEANS AGING WELL

THE
WISER
WAYNE
BEAT



IT'S A LEAP YEAR...
ENJOY YOUR EXTRA DAY

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

THIS
MONTH
AT:



*One
Extra
Day
February
29,
2024*

FEATURED PROGRAMMING

February 2
Senior Games
Health and Wellness Fair

February 9
Starlight Dance Band

February 22
Soul, Rhythm & Groove Band

SENIOR CENTER CLOSINGS

Friday, February 2 until 12:30pm
Health & Wellness Fair at the
Goldsboro Event Center

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

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 organizations.



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



STARLIGHT Dance Band

Friday, February 9

6:30-8:30 pm

This event is free to seniors 55 and older.



North
Carolina
Arts
Council
Fifty years
of leadership



This project was supported by the North Carolina Arts Council, a division of the Department of Natural and Cultural Resources. This program was funded in part by a grant from the Peggy M. Seegars Memorial Endowment which is administered by the North Carolina Community Foundation.



The Soul, Rhythm & Groove Band

Thursday, February 22 / 5:30-7:30pm

Celebrating Black History month. This event is FREE and open to Wayne County residents 55 and older. Reservations for this event are required. Call 919-731-1589 to register.



North
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This project was supported by the North Carolina Arts Council, a division of the Department of Natural and Cultural Resources.

Super Bowl Jersey Day-Friday, February 9

This is Super Bowl weekend-wear your team colors.

Scrapbooking Class

Thursday, February 8 / 10am-Noon

Creating a scrapbook is a great way to preserve your special memories. Interested? We have some wonderful volunteers to help you along the way. Supplies are not provided, bring glue, tape, photos or magazines & stickers.

Arts & Crafts

CRAFT CLASS

w/ Freda Owen

Monday-Arts & Crafts

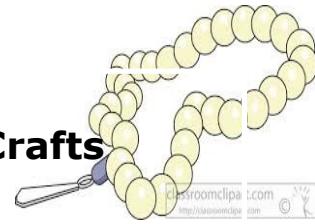
2:00pm —4:00pm

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

HOMESTEAD EXEMPTION

Wednesday, February 21 / 12:00 noon

Tax Administrator, Alan Lumpkin, will discuss the Homestead Exemption for seniors and disabled adults. Mr. Lumpkin will review the requirements that may allow you to save money on your property taxes. A question & answer period will

CAREGIVER CLASS: Topic- Memory Tools & Techniques

Monday, February 26, 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.

What's Going On

Senior Games Health & Wellness Fair 2024

Friday, February 2nd / 9:00am- 12 noon Goldsboro Event Center

Cardiac, Dental, Blood Sugar, BP screenings

Operation Medicine Drop

Healthy Connections with Extension

Michelle Estrada will be here on Tuesday, February 13 from 10:30am to 12:00 noon to talk about Nutrition Tips for a Healthy Heart as we celebrate Heart Health Awareness Month. Registration is REQUIRED as space is limited. Call Maryann George at 919-731-1500.

Community Advisory Committee

Volunteer Opportunities-OPEN TO THE PUBLIC

Ombudsmen Angela Pridgen and Lauren Latshaw will be here on Tuesday, February 20 at 12 noon to address the need for committee volunteers that work to ensure that long-term care facilities follow Residents' Bill of Rights mandated by state and

Senior Center Member and Non-Member Survey-60 and Older

In the lobby is a Survey, yellow for members and green for non-members. We ask everyone 60 and over to fill out the survey and return it to the Front Desk. The questions gather information about member participation in activities at the Center and allow for input about what they would like to see at the Center.

Please turn in your survey at the Front Desk to receive a ticket for a drawing for a Door Prize from Great Harvest Bread Company. The drawing will take place on Friday, March 1. Please make sure you include your name and phone number on the ticket.

Wayne County Financial Report

The Financial Audit for Wayne County fiscal year ending June 2023 is available at the front desk and available online at www.waynegov.com under the link for the Finance Department. If you need help accessing the report, call 919-731-1589.

Stay Active



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.

BINGOsize®

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.

Begins February 6 at 4:00pm

Held on Tuesdays & Thursdays

Call 919-731-1589 to register

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.

JUST BECAUSE

When storms come your way, remember you know the Master of the wind.

When sickness finds you, remember you know the Great Physician.

When your heart gets broken, remember you know the Potter.

It doesn't matter what we go through or face. Jesus is the way, the truth, and the life. He is everything we need.

Amen

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.** 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

April 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

Various Leaders

DEVOTIONAL STUDY

w/ Willie Walker

Wednesdays-10:00am-11:15am



LIGHTS, CAMERA, ACTION

Complimentary Movies-Popcorn

Fiddler on the Roof

Friday / February 16/ 1:00 PM

3 Hours 21 Minutes / NR

A poor Jewish milkman and his wife try to marry off their five daughters in czarist Russia

Peggy Seegars Senior Center and Wayne County Services on Aging

February 2024 Activity Calender In **ITALICS** -registration required **\$\$\$-fee**

February 2024 Activity Calender In ITALICS -registration required \$\$\$-fee			
Monday	Name of Class/Program	Location	Instructor/Leader
9:00am-10:00am	Tone & Tighten Exercise:ZOOM offered	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: Feb 26 only	Arts & Crafts	Allison Garzo
Tuesday			
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	WCC Beginning Sewing \$\$\$	Arts & Craft Room	Jan 16-Mar 05, 2024
1:00pm-3:00pm	Crochet & Knitting Group	Meal Site	
2:00pm-4:00pm	Drama Club	Meal Site	LaVerne Rouse
Wednesday			
8:30am-10:30am	Smart Device Clinics:by APPOINTMENT	Conference Room	Kevin Grundmeier
9:00am-10:00am	Group Exercise:ZOOM	Multipurpose Room	Lisa Weston
10:00am-11:15am	Devotional Study	Arts & Craft Room	Willie Walker
11:30am-12:30pm	Lunch	Meal Site	Wages
11:45am	Senior Center Birthday: February 28	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	
Thursday			
9:00am-10:00am	Arthritis Exercise Class	Multipurpose Room	Lisa Weston/Barbara Sadler
10:00am-12:00pm	Scrapbooking Class:February 8	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:NO class 2/22	Meal Site	
1:00pm-2:00pm	Intermediate Line Dance:NO class 2/22	Multipurpose Room	Lisa Weston
6:00pm	Learn Fitness Equipment:canceled 2/22	Fitness Room	Staff
Friday			
9:00am-9:45am	Cardio Exercise: NO class 2/2	Multipurpose Room	Lisa Weston
10:00am-10:45am	Chair Exercise: NO class 2/2	Multipurpose Room	Louise Hinnant
11:30am-12:30pm	Lunch: NO lunch 2/2	Meal Site	Wages
11:00am-12:00pm	Ballet:NO class 2/2	Multipurpose Room	Maureen Prys
12:00pm-1:00pm	Tap: NO class 2/2	Multipurpose Room	Maureen Prys
1:00pm	Movie Matinee: Feb 16	Meal Site	
1:30pm-4:00pm	Cornhole & Shuffleboard:cancel 2/2 & 2/9	Meal Site	
1:30pm-4:30pm	Pinochle: cancel 2/9	Multipurpose Room	Don Ebron
Saturday			
9:00am-11:30pm	Cornhole & Shuffleboard Practice:cancel 2/3	Meal Site	
10:00am-11:00am	Beginner Line Dance:NO class 2/3	Meal Site	Frances Ward
SPECIAL MONTHLY EVENTS & PRESENTATIONS			
Friday, February 2	Health & Wellness Fair	Goldsboro Event Center	9:00-12 noon
Friday, February 9	Starlight Dance Band	Meal Site	6:30-8:30pm
Tuesday, February 13	Healthy Connections	Arts & Crafts	10:30-12 noon
Thursday-Jan 4-Feb 22	Conversational Spanish w/ Nita Smith	Meal Site: NO class 2/22	2:00pm-2:45pm
Monday-Jan 22-Mar 11	Computer Basics w/ Paula Reich	Computer Lab	10:30am-noon
Tuesday, February 20	Community Advisory Volunteers	Meal Site	12:00 noon
Tuesday, February 20	Voices of Praise in Concert	Meal Site	1:30pm
Wednesday, Feb 21	Homestead Exemption	Meal Site	12:00 noon
Thursday, February 22	The Soul, Rhythm & Groove Band	Meal Site	5:30-7:30 pm

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