

*May 2024*

# THE PEGGY SEEGARS SENIOR CENTER

THIS  
MONTH  
AT:

SOCIAL & ACTIVITY CENTER

LIVING WELL MEANS AGING WELL

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.**

**2001 E. Ash Street Goldsboro, NC 27530**

**Phone: 919-731-1591**

## Special Events

May 2024

Wednesday, May 15

Senior Fun Day in the Park

Page 5 in the newsletter

Department of Justice  
Avoiding Scams & Fraud  
Protecting Seniors

Page 5 in the newsletter

Stroke Prevention &  
Recognition

Page 9 in the newsletter

### FEATURED PROGRAMMING

Healthy Connections Page 4

Spring Fling Page 4

YOGA in the Park Page 4

Stroke Presentation Page 5

Get Crafty Craft Class Page 5

### MAY SCHEDULE ADJUSTMENTS

The Senior Center is CLOSED

Monday, May 27

Memorial Day

The Senior Center is CLOSED

Wednesday, May 15

Senior Day in the Park

Line Dance Cancelled

May 23 for Spring Fling

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 organizations in Wayne County.

## OLDER AMERICANS MONTH



Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by the Administration for Community Living (ACL), OAM is a time for us to acknowledge the contributions and achievements of older Americans, highlight important trends, and strengthen our commitment to honoring our older citizens.

## 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  
Respite

# Special Events

**SPRING FLING SOCIAL**  
**THURSDAY, MAY 23**  
**4:00–5:30 PM**

Feel like listening to music?

Feel like dancing?

Feel like hanging out with friends?

Bring a snack to share with others, come

**MARK YOUR CALENDAR**  
**JUNE 12, 2024 / 12:30 PM**  
**COMMUNITY CPR**

Many people who survive a cardiac emergency are helped by a bystander. Hands-only CPR, or compression only CPR, is simple and easy to learn and perform on adults. It can help gain precious time for a person experiencing a cardiac event. Life-threatening emergencies happen everyday at work, in our homes, and communities. Educate and empower yourself to take action and provide life-saving care when you are at the scene of an emergency. Certificates NOT given.

**Healthy Connections with**  
**Extension-Michelle Estrada**

**Tuesday / May 14, 2024**

**10:30am- 12:00 pm**

**The Link Between Food & Emotions**

Eating food and enjoying it is extremely important for our physical and mental wellbeing. Yet it feels normal to turn to food for emotional reasons of comfort, stress relief, or to reward ourselves. When we do this, we tend to reach for unhealthy options such as junk food or sweets.

**Does food make us feel good?**

**MENTAL**  
**HEALTH**  
AWARENESS MONTH  
MAY

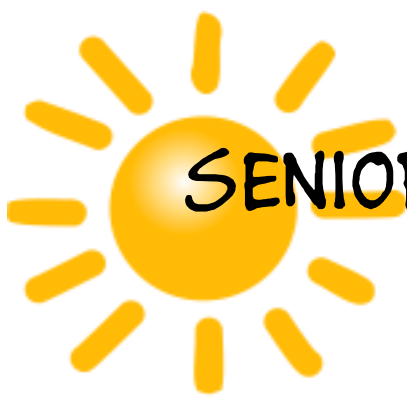


**YOGA IN THE PARK**  
**ALL YOU NEED IS A MAT, WATER**  
**AND A TOWEL.**

**WEDNESDAY, MAY 8 / 10:15AM**

The Senior Center Park is located next to the  
VA and Literacy Connections





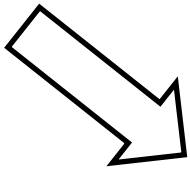
# *What's Going On* **SENIOR FUN DAY IN THE PARK**

*As a member of the Peggy Seegars Senior Center we invite you to come on out and enjoy this event featuring lots of fun and activities for everyone.*

**WEDNESDAY, MAY 15TH / 9:30AM –1:00 PM**

**WHERE:** Herman Park-900 Park Avenue, Goldsboro, NC

**WHAT:** Games, Music, Cake Walk and a whole lot of laughs



## **Department of Justice**

### **Avoiding Scams and Fraud & Protecting Seniors**

**Thursday, May 2 at Noon- FREE and OPEN TO THE PUBLIC**

Scammers are getting more sophisticated every day; their technology is better and so are the schemes. We must all be careful about what we say, where we send money and what personal information we share. NCDOJ Outreach Specialist Sarah Welsch will offer information on learning about identifying prevalent scams and frauds, how to respond if you think you've been scammed, and keeping yourself and your information safe.

## **GET Crafty: Make time to make stuff**

**MAY 7th & 28th / 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.**

**Projects will include painting wood pieces, rocks, ceramics and mugs.**

**Space is limited and registration for this class is required.**

**Call 919-731-1589 to enroll.**

Peggy Seegars Senior Center and Wayne County Services on Aging			
May 2024 Activity Calender In <i>ITALICS</i> -registration required    \$\$\$-fee			
Monday	Name of Class/Program	Location	Instructor/Leader
9:00am-10:00am	Tone & Tighten Exercise	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
Tuesday			
9:30am-10:30am	Arthritis Exercise Class: ZOOM offeed	Multipurpose Room	Lisa Weston/Barbara Sadler
10:00am	Billiards Challenge	Billiard Room	
10:30am- Noon	Get Crafty with Vivian & Tonya	Arts & Crafts	Vivian & Tonya
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	March 12-May 7, 2024
1:00pm-3:00pm	Crochet & Knitting Group	Meal Site	
2:00pm-4:00pm	Drama Club: Canceled until further notice	Meal Site	
5:30pm	Caregiver Class: May 28 ONLY	Arts & Crafts	Allison Garzo
Wednesday	ALL Wednesday activities Canceled on May 15		
8:30am-10:30am	Smart Device Clinics:by APPOINTMENT	Conference Room	Kevin Grundmeier
9:00am-10:00am	Group Exercise	Multipurpose Room	Lisa Weston
10:00am-11:15am	Devotional Study	Arts & Craft Room	Willie Justice
11:30am-12:30pm	Lunch	Meal Site	Wages
11:45am	Senior Center Birthday: May 29	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: May 9	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/no class May 23	Multipurpose Room	Lisa Weston
6:00pm	Learn Fitness Equipment	Fitness Room	A. Strickland/ E. Wiggs
Friday			
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-4:00pm	Cornhole & Shuffleboard	Meal Site	
1:30pm-4:30pm	Pinochle	Multipurpose Room	Don Ebron
Saturday			
9:30am	Learn Fitness Equipment	Fitness Room	A. Strickland/ E. Wiggs
10:00am-11:00am	Beginner Line Dance	Meal Site	Frances Ward
SPECIAL MONTHLY EVENTS & PRESENTATIONS			
Thursday, May 2	Depatment of Justice: Scams & Fraud	Noon	Meal Site
Wednesday, May 8	YOGA in the Park	10:15am	Senior Center Park
Tuesday, May 14	The Link Between Food & Emotions	10:30am- Noon	Arts & Crafts
Wednesday, May 15	Senior Fun Day in the Park	9:30am-1:00pm	Herman Park
Thursday, May 23	Spring Fling Social	4:00-5:30pm	Meal Site
Tuesday, May 28	Caregiver Class	5:30pm	Arts & Crafts & ZOOM

*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**

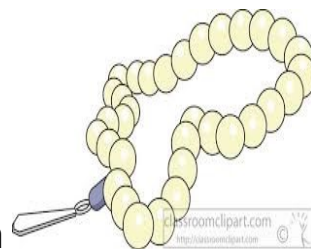
Unleash your creativity! Freda Owen offers mixed media craft classes. Inspiring classes with techniques to grow your skills and nurture your creative spirit. Freda has samples of your project and ideas to share.

## GROUP JEWELRY

**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.



## STROKE PREVENTION & RECOGNITION

UNC Health STROKE/CHEST PAIN Coordinator, Carrie Stokes, will discuss stroke statistics, stroke like symptoms, treatment for stroke, and risk factors. Presentation may be attended in-person or on Zoom. A Zoom link is sent by email, please call at least one day in advance to arrange for the Zoom link: 919-731-1589.

MAY 21st / 10:30 am

## CAREGIVER CLASS: Topic Positive Approach with Dementia Tuesday, May 28, 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.



# 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.

## **BINGO*cize*®**

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.

**This session has ended, stay tuned for an announcement of our next session.**

**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.

## COMPUTER CLASS

### **Beginners Basic Computer Class**

Class begins Monday, June 3rd and runs for 8 weeks from 10:30am to noon.

Registration is Required

### **Android Smartphone Workshop**

Instructions will include basic operation, settings, texting including how to edit and attach photos and basic trouble shooting. Be prepared to take notes and bring your phone to follow along.

Thursday, May 23 / 12:15– 2:15

Registration is Required

Call 919-731-1589 to register.

## GROUPS, GAMES, CARDS

### **BINGO**

Thursday

10:00 am –11:15 AM

### **BOARD GAMES**

Wednesday

1:00 pm –4:30 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*

## **VOLUNTEER AT THE PEGGY SEEGARS SENIOR CENTER**

### **LATE BLOOMERS GARDEN CLUB VOLUNTEERS**

The beautiful flowers and vegetable plants in the garden at the Senior Center Park need to be watered. Anyone wishing to tend to the plants please let me know. Lisa @ 919-731-1589.

The plants were donated and planted by Mr. Doug Waldrop and his son. Thank you very much for all your hard work.

### **VOLUNTEERS**

If you would like to volunteer at a “desk job” or be more active in a volunteer role, we have you covered. If you have muscles and stamina, we are always in

### **KIOSK SIGN IN REQUIRED BY ALL**

When entering the building, please sign in at the kiosks with your keycard and touch the activities you are participating in for the day. These statistics are very important for future programming and funding. Volunteers, please log your volunteer hours in the kiosk, not sure how, see Volunteer Coordinator, Hermanita Harris.

### **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-

### **MEDICARE ASSISTANCE**

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**

**July 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 Justice**

Wednesdays-10:00am-11:15am



## NEW MEMBER SIGN-UPS

***The Senior Center is for Wayne County residents aged 60 and older. You must be a member of the Senior Center to participate in activities and events unless otherwise noted.***

***New member sign-ups are held on Tuesdays, Wednesdays and Thursdays, promptly at 1:00pm. Call the Center at 919-731-1591 to ensure staff is available for sign-ups prior to arriving at the Center.***