

August 2024

THIS
MONTH
AT:

THE PEGGY SEEGARS SENIOR CENTER

SOCIAL & ACTIVITY CENTER

WE MAY HAVE WHAT YOU NEED,

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

AUGUST 2024

THIS
MONTH
AT

PSSC

PEGGY SEEGARS SENIOR CENTER

Effective July 1, 2024,
NO smoking or vaping
on any Wayne County
property.

Upcoming Events

VOTER ID Cards

August 15

Arthritis Class

Time Adjustment to 8/15 class

**Coates Hearing
Presentation & Screenings**

August 21

Welcome to Medicare 101

August 29

Registration Required

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



UPCOMING SPECIAL EVENTS



DO YOU NEED A FREE VOTER ID CARD?
IF YOU DO,
YOU CAN GET IT HERE, AT THE SENIOR CENTER.
THE BOARD OF ELECTIONS WILL BE HERE ON
THURSDAY, AUGUST 15 FROM 10 AM TO NOON.

NC voters are now asked for an ID when voting. Most voters will simply show their driver's license. If you would like to have a second piece of ID in the form

COATES HEARING CLINIC

FREE PRESENTATION AND HEARING SCREENING

BOOK A HEARING APPOINTMENT

919-731-1589

Wednesday, August 21

Presentation by Dr. Land at 10:30am

Screening Appointments from 11:30am-3:00pm



What's Going On

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.

Your session will be hands on, make sure you bring your device.

DROP-IN GROUPS, GAMES, CARDS

BINGO

Thursday

10:00 am –11:15 AM

BOARD GAMES

Wednesday

1:00 pm –4:30 PM

RECREATIONAL CARDS

Wednesday

1:00 pm –4:30 PM

CORN HOLE SHUFFLEBOARD

Friday

1:30-4:00 PM

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

Freda Owen

BASIC Steps for LINE DANCE

Monday-12:30-1:00PM

Freda Owen

BEGINNER LINE DANCE

Saturday-10:00-
11:00AM

Frances Ward

INTERMEDIATE LINE DANCE

Thursday-1:00-2:00PM

Lisa Weston

TAP

Friday-12:00-1:00PM

Maureen Prys

What's Going On

DEHYDRATION-SYMPTOMS, CAUSES AND TIPS TO PREVENT IT



Tuesday, August 20 / 10:45 am

Julie Anne Starcher, Hospice Liaison with Amedisys will be here to speak with us about Dehydration. If you are 65 or older, especially if you have an ongoing illness, you have a higher chance of becoming dehydrated.

For a ZOOM link call 919-731-1589.

BACKYARD PARTY SENIOR DANCE

Thursday, August 22 / 6:00-9:00pm

Open to seniors 55 and older

DJ Wildheart will spin the tunes / Light refreshments will be served

MEDICARE 101

Thursday, August 29, 2024 / 10:00 am

If you're turning 65, you are probably overwhelmed by all of the information bombarding you about Medicare. This class will provide valuable information including how and when to enroll, Medicare costs and benefits and your many options. You can get answers from our unbiased SHIIP counselors who are certified by the NC Department of Insurance. **Registration is required for this class, call Natasha Artis at 919-731-1608, registration ends 8/23/2024.**

CAREGIVER CLASS—Topic: Anxiety Disorder

Monday, August 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.

	Peggy Seegars Senior Center		
August 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
10:30am-noon	<i>Beginners Basic Computer Class-FULL</i>	<i>Computer Lab</i>	<i>Paula R.</i>
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
5:30pm	Caregiver Class: August 26, ONLY	Arts & Craft Room	Allison Garzo
Tuesday			
9:30am-10:30am	Arthritis Exercise Class	Multipurpose Room	Lisa Weston/Jean Farlow
10:00am	Billiards Challenge	Billiard Room	
10:30am- Noon	<i>Get Crafty with Vivian & Tonya: Aug 13 & 27</i>	Arts & Crafts	Vivian & Tonya
11:30am-12:30pm	Lunch	Meal Site	Wages
12:30pm-2:00pm	Choir	Multipurpose Room	Lorraine Gist/AlanArmstrong
12:30pm-3:30pm	<i>WCC Beginning Sewing \$\$\$</i>	<i>Arts & Craft Room</i>	<i>June 4 - July 30, 2024</i>
1:00pm-3:00pm	Crochet & Knitting Group	Meal Site	
2:00pm-4:00pm	Drama Club: Canceled until further notice	Meal Site	
Wednesday			
8:30am-10:30am	<i>Smart Device Clinics:by APPOINTMENT</i>	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: Aug 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: 8/15 class at 8:30	Multipurpose Room	Lisa Weston/Jean Farlow
10:00am-12:00pm	Scrapbooking Class: August 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	Meal Site	
1:00pm-2:00pm	Intermediate Line Dance	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, August 15	FREE Voter ID Cards	10am - 12 noon	Meal Site
Tuesday, August 20	Dehydration Presentation	10:45 AM	Meal Site
Wednesday, August 21	Coates Hearing/Presentation	10:30 AM	Meal Site
Wednesday, August 21	<i>Coates Hearing/Screenings</i>	<i>by appointment</i>	
Thursday, August 22	Backyard Party Senior dance	6:00-9:00 pm	Meal Site
Monday, August 26	Caregiver Class	5:30 PM	Arts & Crafts / ZOOM
Thursday, August 29	<i>Medicare 101</i>	<i>10:00 AM</i>	<i>Registration Required</i>
Tues/Thur	Bingocize Classes	4:00-5:00PM	Class is FULL
Some regular DROP-IN activities include Billiards, Checkers,Computer Lab, Fitness Room, Puzzles and Word Search,Games and More!			

Arts & Crafts

CRAFT CLASS

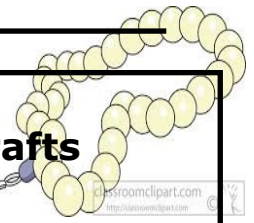
w/ Freda Owen
Monday-Arts & Crafts
2:00pm —4:00pm

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.

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



C R A F T Y

GET Crafty: Make time to make stuff

August 13 & 27 / 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.

Call 919-731-1589 to enroll.

Space is limited and registration for this class is required. Members may register for one class per month.

Scrapbooking Class

Thursday, August 8th /10am-Noon

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

You can exercise your creativity. Scrapbooks make great gifts. Create a record of your family history. The class will have a leader to help guide you on your scrapbooking journey.

Supplies are NOT provided. What to bring:

Glue, Tape, Scissors, and photos you may want to work with or maga-

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.

Class is CLOSED

Watch the newsletter for dates on the next session.

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. Sessions are on Thursdays at 6:00pm or Saturday at 9:30am.

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.

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. In 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

Around the Center

OPERATION FAN RELIEF

Operation Fan Heat Relief (OFHR) is a summer program intended to provide a more comfortable living environment and to reduce heat related illnesses. Summertime can be a difficult and dangerous time for our seniors in Wayne County especially when they do not have a means to keep their homes cool. Contributions from Duke Energy Progress make it possible for OFHR to provide fans to Wayne County Seniors at no cost that have a home situation where a threat to health and well-being exists. Fans are very limited through this funding. However, the Peggy Seegars Senior Center will gladly accept donated new fans or monetary donations to buy fans to distribute to seniors in need. For more information, you may contact Natasha Artis at 919-731-1608.

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 Holly Jones at 919-705-1928. **VOLUNTEERS NEEDED!**

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



NC DEPARTMENT OF
INSURANCE
SENIORS' HEALTH INSURANCE
INFORMATION PROGRAM

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

To Be Announced

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

BIBLE 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 by appointment only. If you know someone who would like to become a member of the senior center please have them call Hermanita Harris at 919-705-1784 for an appointment and information on our eligibility require-