

THIS
MONTH
AT:

September 2024
**THE PEGGY SEEGARS
SENIOR CENTER
SOCIAL & ACTIVITY CENTER**

WE MAY HAVE WHAT YOU NEED,

**THE
WISER
WAYNE
BEAT**

Celebrating September as
National Senior Center Month



**HEALTHY AGING
never gets old**

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

SEPTEMBER 2024

THIS
MONTH
AT

PEGGY SEEGARS SENIOR CENTER

PSSC

Upcoming Events

**BIG BAND SOUND w/
STARLIGHT DANCE BAND**
September 27

VACCINES
Wayne County Health Dept.
September 26

DISASTER PREPAREDNESS
September 3

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

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 Center is CLOSED on Monday, September 2, 2024 for Labor Day



UPCOMING SPECIAL EVENTS



STARLIGHT DANCE BAND

Swing, Big Band, Pop Hits & More!

Friday, September 27

6:30pm-8:30pm

OPEN to anyone 50 & older!

HEALTHY CONNECTIONS WITH EXTENSION

Fix it Safe:

Celebrating Food Safety Education Month

September 10, 2024 / 10:30am-noon

The US food supply is one of the safest in the world, however, that doesn't mean our food is free from all pathogenic bacteria.

What better time to learn about food safety!

Call Maryann George at 919-731-1500, to reserve your spot!

DISASTER PREPAREDNESS

Tuesday, September 3 / 10:45am

Gary Tilman, Emergency Management Coordinator, will speak on how important it is to know what to do in case of an emergency well before the disaster strikes. If you would like to ZOOM this talk please call 919-731-1589 for a link.

VACCINE EVENT

Provided by

The Wayne County Health Dept
September 26th / 9am—2pm

Preregistration Required

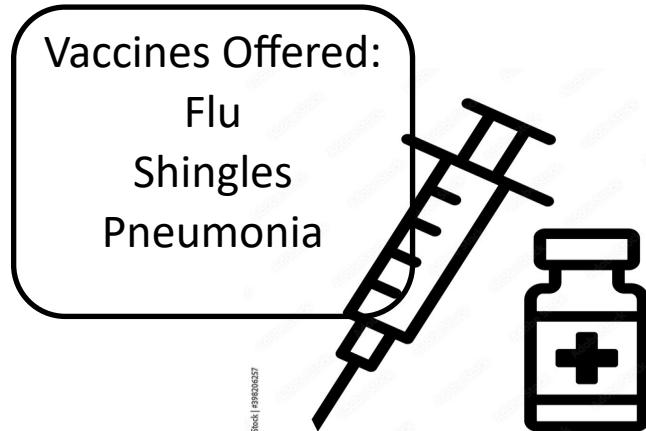
Call 919-731-1589

No Appointment Necessary

Vaccines Offered:

Flu
Shingles
Pneumonia

Adobe Stock | #1010204527



exciting CLASSES & ACTIVITIES

TECHNOLOGY

FREE Smart Device Clinics

Wednesday / 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.

Computer Basics Class w/ Paula Reich

Classes begin September 16 / 10:30am–noon.

Class runs for 8 weeks.

Intermediate Computer Class W/ Paula Reich

Classes begin September 19 / 10:30am– noon

Class runs for 6 weeks

REGISTRATION REQUIRED for the computer classes

Reserve your spot today / Call 919-731-1589

exciting DANCE CLASSES

Monday –Beginner Line Dance w/ Freda at 1:00pm

Thursday –Intermediate Line Dance w/ Lisa at 1:00pm

Friday –Ballet w/ Maureen at 11:00am

Friday-Tap w/ Maureen at 12:00pm

Saturday –Beginner Line Dance w/ Frances at 10:00am

Hiking group

Tuesday, September 17 / 11:00am

Meet at the Cliffs of the Neuse Visitors Center. We will hike to the pace of the slowest walker. Registration is required, call 919-731-1589, this ensures that no one is left behind. If you have registered and find you can not make it please call to let us know.

CARDS & GAMES

PINOCHLE:

Wednesday / 12:30-4:30pm

Friday / 1:30-4:30pm

RECREATIONAL CARDS:

Wednesday/ 1:00-4:30PM

BOARD GAMES:

Wednesday / 1:00-4:30pm

CHECKERS:

Drop In

BINGO:

Drop In

WHAT'S GOING ON



PSSC Drama Club:

September 24, 2024 at 2:00pm

The Drama Club will present a comedic skit of personalities coming to life as a family portraying words ending in "tate". Voices of Praise will open the performance with their rendition of "God Made Me".

We need you to make BUNNY LOVIES at the Senior Center

Tuesday / September 24, 2024 from 9:00am-noon

You're invited to help make Bunny Lovies with staff from the Wayne County Library.

Volunteers are needed to sew, cut, iron and/or hand stitch the Lovies.

What is a Bunny Lovey?

A Bunny Lovey is a fabric bunny which is included in Welcome Baby Bags that are donated to families of newborns at UNC Health Wayne.

If you are interested in helping on September 24, please call Lisa Weston at

919-731-1589 to register.

CAREGIVER CLASS—Topic: Dementia with Hallucinations Monday, September 23, 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 | September | |
|---|---|--------------------------------------|------------------------------|--|
| | | <i>Italics=registration required</i> | \$\$\$=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-begins 9/16</i> | Computer Lab | Paula R. | |
| 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: Sept 23 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: Sept. 17</i> | Arts & Crafts | Vivian & Tonya | |
| 11:30am-12:30pm | Lunch | Meal Site | Wages | |
| 12:30pm-2:00pm | Choir | Multipurpose Room | Lorraine Gist/Alan Armstrong | |
| 12:30pm-3:30pm | <i>WCC Beginning Sewing \$\$\$</i> | Arts & Craft Room | 8/13-10/8/2024 | |
| 1:00pm-3:00pm | Crochet & Knitting Group:cancelled 9/24 | Meal Site | | |
| 2:00pm-4:00pm | Drama Club | Meal Site | | |
| Wednesday | | | | |
| 8:30am-10:30am | <i>Smart Device Clinics:by APPOINTMENT</i> | Conference Room | Kevin Grundmeier | |
| 9:00am-10:00am | Group Exercise: NO class 9/18 | 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: Sept 25 | 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 | Multipurpose Room | Lisa Weston/Jean Farlow | |
| 10:00am-12:00pm | Scrapbooking Class: Sept 12 | Arts & Crafts | | |
| 10:00am-11:15am | Bingo | Meal Site | Gill/Reid | |
| 10:30am-noon | <i>Intermediate Computer Class-begins 9/19</i> | Computer Lab | Paula R. | |
| 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 | |
| 2:00pm-3:30pm | <i>Create & Donate: Sept 19 ONLY</i> | Arts & Crafts | Donna Moerie | |
| 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:Cancelled 9/27 | Meal Site | | |
| 1:30pm-4:30pm | Pinochle: Cancelled 9/27 | 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 | | | | |
| Tuesday, Sept 3 | Disaster Preparedness | Meal Site | 10:45am | |
| Tuesday, Sept 10 | <i>Health Connections with Extension</i> | Arts & Crafts | 10:30am-noon | |
| Tuesday, Sept 17 | <i>Hiking Group</i> | Cliffs of the Neuse | 11:00am | |
| Wednesday, Sept 18 | Breakfast with the Director | Meal Site | 9:00am-10:00am | |
| Tuesday, Sept 24 | <i>Bunny Lovies</i> | Arts & Crafts | 9:00an-noon | |
| Tuesday, Sept 24 | Drama Club Presentation | Meal Site | 2:00pm | |
| Thursday, Sept 26 | Vaccine Clinic | Conference Room | 9:00am-2:00pm | |
| Friday, Sept 27 | Starlight Dance Band | Meal Site | 6:30pm | |
| Tues/Thur | Bingocize Classes | 4:00-5:00PM | Class is FULL | |
| Friday, October 4 | Hinnant Dentistry: Fall Ball | Senior Center | 6:00pm-8:30pm | |

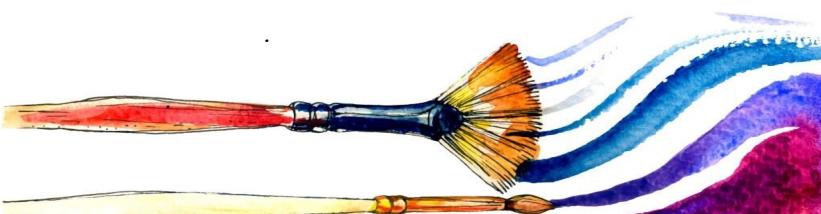
Some regular **DROP-IN** activities include Billiards, Checkers, Computer Lab, Fitness Room, Puzzles and Word Search, Games and More!

exciting ARTS & CRAFT CLASSES

CREATE & DONATE

Card Making Class / Thursday, September 19 / 2-3:30pm

We would love for you to join us to make and donate handmade cards to people who are homebound or in the hospital. Cards will be made entirely by hand with kind and uplifting messages and drawings. Donna Moerie will instruct you on how to make the cards. Class is held once a month and registration is required for this class. Please call 919-731-1589, to reserve a spot, space is limited.



GET Crafty: Make time to make stuff

September 17
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.

CRAFT LIKE A PRO

w/ Freda Owen

THINK BIG! Enjoy an afternoon of crafting, while learning step by step. Freda offers mixed media classes allowing everyone to develop their skills. Each participant leaves with something new that they created!

Monday's at 2:00pm

Scrapbooking Class September 12-10am-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. 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



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.

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

Respite

National Senior Center Month

Powering Connections

Celebrated every year in September, National Senior Center Month is a time to shine a light on senior centers, showing the entire nation how vital they are to the health and well-being of a community. Senior centers provide countless hours of support and encouragement to older adults, and have become integral to health care delivery in our communities by providing COVID-19 guidance, vaccine education, and vaccinations to their participants. They offer a place for older adults to discover their unique interests, talents, and aspirations.

NEW water bottle filling station



Did you know we now have a water fountain that will fill your water bottle, hands-free. It is located across from the Fitness Room. Simply place your water bottle on the sensor against the back of the fountain and the fountain does all the work. When you have enough water simply

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

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 requirements.