

September 2024

THIS
MONTH
AT:

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
PSSC
PEGGY SEEGARS SENIOR CENTER

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

Upcoming Events

BIG BAND SOUND w/
STARLIGHT DANCE BAND
September 27

VACCINES
Wayne County Health Dept.
September 26

DISASTER PREPAREDNESS
September 3

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 | 491826257

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.

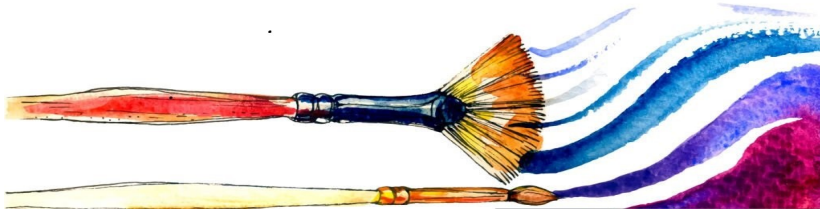
	Peggy Seegars Senior Center	September	
	<i>Italics=registration required</i>	\$\$\$=fee	
Monday	Name of Class/Program	Location	Instructor/Leader
9:00am-10:00am	Tone & Tighten Exercise	Multipurpose Room	Lisa Weston
10:30am-11:15am	Bible Study	Meal Site	Various Instructors
10:30am-noon	<i>Beginners Basic Computer Class-begins 9/16</i>	<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: 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/AlanArmstrong
12:30pm-3:30pm	<i>WCC Beginning Sewing \$\$\$</i>	<i>Arts & Craft Room</i>	<i>8/13-10/8/2024</i>
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>	<i>Computer Lab</i>	<i>Paula R.</i>
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>	<i>Arts & Crafts</i>	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
<i>Some regular DROP-IN activities include Billiards, Checkers,Computer Lab, Fitness Room, Puzzles and Word Search,Games and More!</i>			

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

dreamstime



**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.

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

AROUND THE CENTER

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

RESPIRE

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.