

October 2024

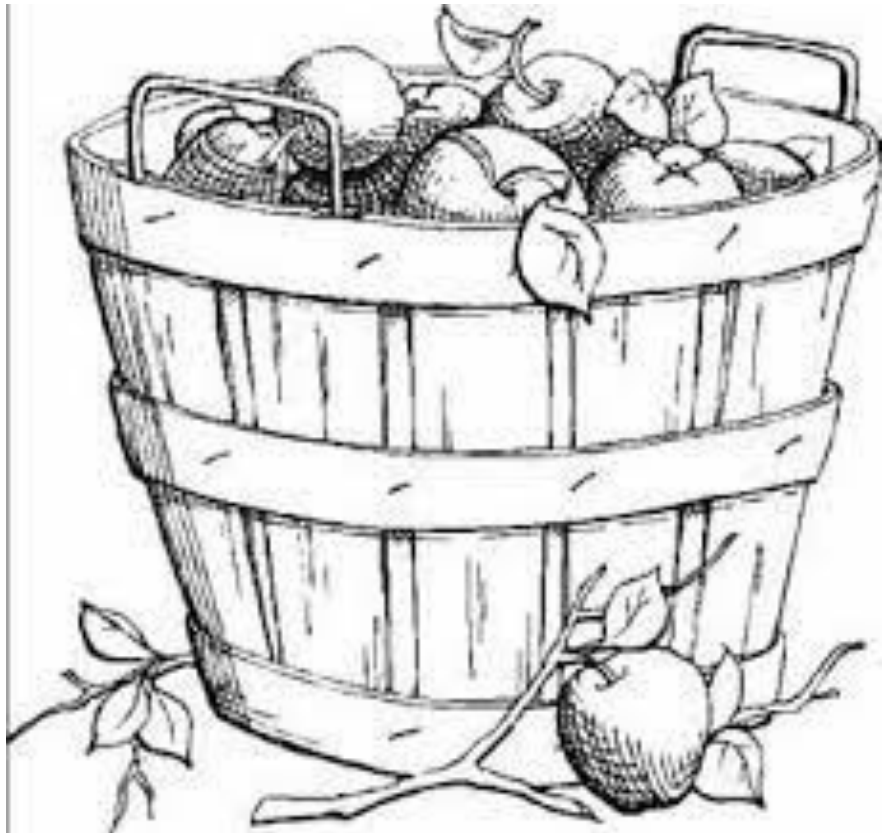
THIS
MONTH
AT:

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

OCTOBER 2024

PEGGY SEEGARS

PSSC

SENIOR CENTER

ATTENTION

NEW SENIOR CENTER HOURS

When the clocks fall back in November, allowing for more daylight hours in the morning and the evenings get dark earlier, we will adjust our Center hours. Beginning Monday, November 4, 2024, we will be open from 7:30am to 5:00pm Monday thru Friday and from 8:30am to 12 noon on Saturdays until, Monday, March 11, 2025.

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



UPCOMING SPECIAL EVENTS

DEHYDRATION-SYMPTOMS, CAUSES AND TIPS TO PREVENT IT



Tuesday, October 15/ 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.

FREE. FUN, FELLOWSHIP: ATTENTION CAREGIVERS / CAREGIVERS' DAY OUT

We would like to take care of the caregivers of Wayne County! On November 13, 2024, at the Peggy M. Seegars Senior Center, we have planned a special day for unpaid caregivers. If you are an older adult that is a caregiver or are a caregiver of an older adult, we want to take care of you for a day. We will have many activities planned for you to enjoy. There will be Drums Alive, Dementia Live, Resource Tables, Lunch and Bingocize, crafts, door prizes, and more. Registration begins at 8:30am and the event will be from 9:15am to 2:00pm. **The event has limited space, and you must pre-register to attend.** It is **FREE!** To pre-register, please contact Holly Williams at 919-705-1928 prior to November 4.

*Calling all Artisans
to participate in our*

Artisan *Christmas* MARKET

Saturday, Dec 7, 2024 / 9:00-1:00

This is a great opportunity to sell your unique handmade arts and crafts.
Licensed Consultants Welcome!

Reserve a space NOW!

Registration begins Monday, Oct 14 and ends Friday, Nov. 15

No refunds after this date / NO yard sale items

\$10.00 per table

Your payment and registration form are required to secure a space.
Forms are available at the Senior Center Front Desk.

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.

Someone else may be dreaming of the job you hate,
OR, the home you complain about, the smile you forget to wear,
and the health you take for granted.

Don't let difficult times make you forget your

BLESSINGS!

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

Wednesday / October 16 –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

BILLIARDS:

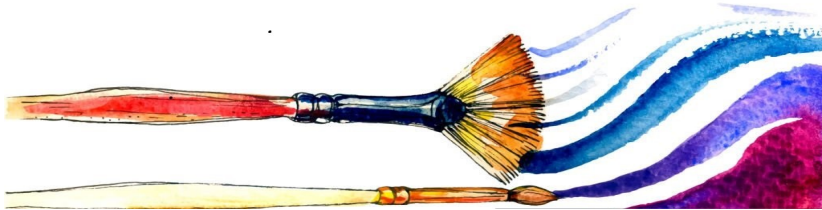
Drop In

exciting **ARTS & CRAFT CLASSES**

CREATE & DONATE

Card Making Class / Thursday, October 17/ 1:30-3:30pm

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

October 1 & 22, 2024
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

October 10-10am-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

	Peggy Seegars Senior Center	OCTOBER	
	<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</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: Oct 28 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: Oct 1 & 22</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>10/15-12/10-2024</i>
1:00pm-3:00pm	Crochet & Knitting Group	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	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: Oct 30	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: October 10	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: October 17 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 10/4	Meal Site	
1:30pm-4:30pm	Pinochle / cancelled 10/4	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			
Friday, October 4	Hinnant Dentistry Fall Ball	Meal Site	6:00-8:30pm
Tuesday, Oct 8	<i>Healthy Connections with Extension</i>	Arts & Crafts	10:30am- noon
Tuesday, Oct 15	<i>Bunny Lovies with Wayne Co. Library</i>	Arts & Crafts	9:00-noon
Tuesday, Oct 15	<i>Dehydration Presentation</i>	Meal Site	10:45 AM
Tuesday, Oct 22	Karaoke	Meal Site	Noon-1:00pm
Thursday, Oct 24	<i>Viola Titus Friendship/Support Group</i>	<i>Arts & Crafts</i>	1:30-2:30pm
Monday, Oct 28	<i>Caregiver Class: Personality Disorder</i>	<i>Arts & Crafts</i>	5:30-6:30pm
Thursday, Oc 31	Deaf & Hard of Hearing Support Group	Arts & Crafts	2:00-3:30pm
<i>Some regular DROP-IN activities include Billiards, Checkers, Computer Lab, Fitness Room, Puzzles and Word Search, Games and More!</i>			

WHAT'S GOING ON

HEALTHY CONNECTIONS WITH EXTENSION

Be a Healthy Role Model:

Celebrating Eating Better, Eating Together

October 8, 2024 / 10:30am-noon

Lead by example:

Eat fruits and vegetables and stay physically active.

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



OCTOBER 22 / 12 NOON 1:00 PM
JOIN US TO SING SOME TUNES!!

We need you to make BUNNY LOVIES at the Senior Center

Tuesday / October 15, 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 October 15, please call Lisa Weston at 919-731-1589 to register.

CAREGIVER CLASS—Topic: Personality Disorders Monday, October 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.

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 LINK

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



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

COMING SOON:

VETERANS APPRECIATION CEREMONY: NOVEMBER 8 / 9:00 AM

On Friday, November 8 at 9:00 am, the Peggy M Seegars Senior Center will be observing our Veterans. We invite all our senior Veterans to attend so that we may honor you for your service. Civilians are welcome to come and show their appreciation. For more information, call Bertha Darden at 919-731-1586. If you are Veteran and will attend the ceremony, please contact Bertha Darden with your name, branch of service, rank, and phone number.

VOLUNTEER

WE HAVE VOLUNTEER POSITIONS FOR ALMOST EVERYONE!

Front Desk, Gift Shop and Activity Positions

If you prefer a little bit of each let us know.

FOR MORE INFORMATION CONTACT:

Hermanita Harris, Volunteer Coordinator / 919-705-1784



MEDICARE D OPEN ENROLLMENT

The open enrollment period for Medicare D is October 15 to December 7, 2024. This is the time to review your Medicare Prescription Drug Plan or Advantage Plan. Wayne County Services on Aging has SHIP counselors who can help you. Counselors will be available on a first come, first served basis from Monday, Tuesday and Wednesday 9:00 – 12:00 starting October 15 through December 3. Please **remember you must bring your Medicare card and all current medication bottles**. For more information, contact Natasha Artis at 919-731-1608.

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

October 24, 2024

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

October 31 / 2:00-3:30pm

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

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.