

November 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

NOVEMBER 2024

PEGGY SEEGARS

PSSC

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.

November Closings

November 11 for Veterans Day.

November 13, until 2:00PM for our Caring for the Caregiver event.

November 28, 29 & 30

for Thanksgiving

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 thru Friday

7:30am-5:00pm

Saturday-8:30am-12:00noon

Sunday-CLOSED



UPCOMING SPECIAL EVENTS

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

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. Vendor tables will be available from 8:30am until 9:15am.



*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.

I have a lot of unanswered questions...I never found out who let the dogs out and why doesn't Dora the Explorer use Google maps? Why are eggs packaged in a paper carton but batteries are secured in plastic that is tough as nails? Why is "abbreviated" such a long word? Why does lemon juice have artificial flavor but dish-washing liquid is made with real lemons?

AND, why do you have to put your 2 cents in but it's only a penny for your thoughts,

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

Hiking group

Wednesday / November 20–11:00am

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

WHAT'S GOING ON

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 a Veteran and will attend the ceremony, please contact Bertha Darden with your name, branch of service, rank, and phone number. The doors will close promptly at 9am, guests will be allowed in as the ceremony allows.

LIVE

The Hitmen : *Good Music, Great People*

Thursday, November 14 at 6:15PM

Join us for an informal night of singing. The Hitmen are an all-male A Cappella group, specializing in hits from every era. Come on out to hear some of your favorite tunes.

Diabetes Health Informative / Tuesday, November 12 / 10:45AM

Jennifer Loper, RN, Wayne UNC Healthcare will be here to share important information on diabetes. Diabetes affects how your body turns food into energy. While there is no cure for diabetes, you can make lifestyle changes to help control diabetes. You can still live your best life with diabetes and Jennifer Loper will give you steps you can take to get there.

CAREGIVER CLASS—Topic: Diabetes & Mental Health Monday, November 25, 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.

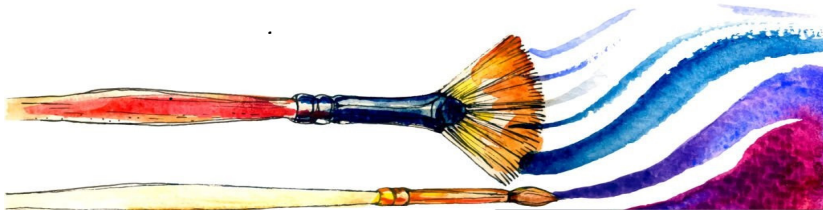
	Peggy Seegars Senior Center	NOVEMBER	
	<i>Italics=registration required</i>	\$\$\$=fee	
Monday	Name of Class/Program	Location	Instructor/Leader
9:00am-10:00am	Tone & Tighten Exercise	Multipurpose Room	Lisa Weston
10:30am-11:15am	Bible Study	Meal Site	Various Instructors
10:30am-noon	<i>Beginners Basic 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: Nov 25 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: Nov 5 & 19</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 / canceled 11/13	Multipurpose Room	Lisa Weston
10:00am-11:15am	Devotional Study / canceled 11/13	Arts & Craft Room	Willie Justice
11:30am-12:30pm	Lunch / canceled 11/13	Meal Site	Wages
11:45am	Senior Center Birthday: Nov 27	Meal Site	
12:30pm-2:30pm	Painting Group / canceled 11/13	Arts & Craft Room	
12:30pm-4:30pm	Pinochle/ canceled 11/13	Multipurpose Room	Don Ebron
1:00pm-4:30pm	Recreational Cards / canceled 11/13	Meal Site	
1:00pm-3:00pm	Womens Billiards / canceled 11/13	Billiard Room	
Thursday			
9:00am-10:00am	Arthritis Exercise	Multipurpose Room	Lisa Weston/Jean Farlow
10:00am-12:00pm	Scrapbooking Class: November 14	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 /canceled 11/07	Multipurpose Room	Lisa Weston
1:30pm-3:30pm	<i>Create & Donate: November 21 ONLY</i>	Arts & Crafts	Donna Moerie
4:00pm	Learn Fitness Equipment	Fitness Room	A. Strickland/ E. Wiggs
Friday			
9:00am-9:45am	Cardio Exercise / cancelled 11/08	Multipurpose Room	Lisa Weston
10:00am-10:45am	Chair Exercise / canceled 11/08	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			
Friday, Nov 8	Veterans Ceremony	Meal Site	9:00AM
Tuesday, Nov 12	<i>Harvest Corn Husk Doll</i>	Arts & Crafts	10:30AM-Noon
Tuesday, Nov 12	Diabetes Informative	Meal Site	10:45AM
Wednesday, Nov 13	<i>Caring for the Caregiver Event</i>	Center	8:30AM
Thursday, Nov 14	<i>Plastic Canvas Christmas Craft</i>	Arts & Crafts	Noon-1:00PM
Thursday, Nov 14	The Hitmen	Meal Site	6:15PM
<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, November 21/ 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

**November 5 & 19, 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.

PLASTIC CANVAS CHRISTMAS PROJECT

THURSDAY, NOV 14 / 12 -1:00PM

PLASTIC CANVAS IS A FORM OF NEEDLEWORK THAT ALLOWS YOU TO STITCH 2 DIMENSIONAL OBJECTS. KATHY WILL TEACH YOU HOW TO WORK WITH PLASTIC CANVAS AND YARN TO MAKE A CHRISTMAS PROJECT.

SEATING FOR THIS CLASS IS LIMITED.

CALL 919-731-1589 TO REGISTER.

PLEASE BRING SCISSORS AND #16

TAPESTRY NEEDLES.

Harvest Corn Husk Dolls

Tuesday, Nov 12 / 10:30-12 noon

A corn husk doll is a Native American doll made out of the husk of a corn cob. Charlotte Porter will teach you how to craft your harvest corn husk doll.

Some supplies for this class are required, please bring scissors, an old bath towel and if you have a hot glue gun, bring that along.



Seating for this class is limited.

Please call Lisa Weston at 919-731-1589 to reserve a spot!

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.

Classes begin Dec 2, 2024

Classes: Monday and Thursday at 1:00pm.

Register with the Front Desk in person or call 919-731-1591

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

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

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 on Monday, Tuesday and Wednesday each week from 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. Open Enrollment will not be held on November 27, 2024.

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 NOT scheduled during Open Enrollment.

To make an appointment call:
919-731-1608



Around the Center

SUPPORT groups

VIOLA TITUS FRIENDSHIP GROUP

**No Meeting in November
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

No meeting in November

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 infor-