

January 2025

THIS
MONTH
AT:

THE PEGGY SEEGARS SENIOR CENTER

SOCIAL & ACTIVITY CENTER

WE MAY HAVE WHAT YOU NEED,
YOU JUST DON'T KNOW IT YET.

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

PSSC

SENIOR CENTER

January Closings

January 1 for New Years Day

January 20 for MLK Day

February 5, CLOSED until 2pm for our
Health and Wellness Fair

COMING IN JANUARY

Cake decorating

January 13

Cornhole

Competition

January 22

Savvy seniors

January 28

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

2025

2025

2025

2025

2025



WAYNE COUNTY SENIOR GAMES

SENIOR HEALTH & Wellness FAIR

*Take Charge of Your Health:
Join Us for Our Annual
Health & Wellness Fair!*

**FREE TO ATTEND FOR
AGES 50 & BETTER**

YOU'LL HAVE THE OPPORTUNITY TO:

- ✓ LEARN ABOUT HEALTHY LIVING HABITS
- ✓ DISCOVER NEW WAYS TO IMPROVE YOU
- ✓ GET FREE HEALTH SCREENINGS
- ✓ ENJOY FREE REFRESHMENTS
- ✓ REGISTER FOR THE 2025 WAYNE COUNTY SENIOR GAMES

**FEBRUARY
5TH, 2025
9 AM - 12 PM**

**GOLDSBORO
EVENT CENTER**

**1501 S. SLOCUMB STREET
GOLDSBORO, NC 27530**



For More Information, Contact 919-731-1589

GOLDSBORO
BE MORE DO MORE SEYMOUR
Parks & Recreation



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.

exciting DANCE CLASSES

Monday

Beginner Line Dance w/ Freda at 1:00pm

Friday

Ballet w/ Maureen at 11:00am

Friday

Tap w/ Maureen at 12:00pm

Saturday

Beg. Line Dance w/ Frances at 10:00am

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 & BILLIARDS

Drop In



Wednesday, January 22 at 9:30 am we will hold our 6th annual Senior Center Super Bowl Classic. Come dressed in YOUR NFL team gear and compete in the Corn Hole Super Bowl Competition. We want to see who can represent their team the loudest! This event is FREE for our senior center members.

Sign-ups for the competition are located at the front desk. You must sign up with your partner prior to January 16. All teams that have preregistered must check in at 9:00 am on game day.

For more information, contact Lisa Weston at 919-731-1589.

WHAT'S GOING ON

SAVVY SENIORS

Presented by: Wendy Thornton of Pruitt Healthcare

Tuesday, January 28

10:45am

HOME HEALTH CARE /

PALLIATIVE CARE / HOSPICE

What's the difference? Where does one stop and the other begin?

Wendy will explain. Join us!

ZOOM is available call 919-731-1589



CAKED BY DESIGN WITH FREDA

Monday, January 13 / 3:00pm

Cake decorating is an art form. What you'll learn to begin decorating like a pro:



- * Fill & use a pastry bag
- * Make flowers
- * Learn how to pipe

Class size is limited: call 919-731-1589 to register

CAREGIVER CLASS: Topic- Dealing with Grief

Monday, January 27, 2025—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.

exciting **ARTS & CRAFT CLASSES**

CREATE & DONATE

Card Making Class / Thursday, January 9/ 12:30-2:30pm

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.



JEWELRY CRAFTERS

Thursday

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 know best.

GET Crafty:
Make time to
make stuff

January 7 & 21, 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.

HANDMADE HAVEN 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.

STAY ACTIVE



ZONE & 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

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 FULL

**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 4:00pm 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

Tax Preparation for Seniors: Appointment Needed

Please Note: Location has CHANGED

AARP tax volunteers will be doing taxes this year in the Smithfield location. Taxes are done BY APPOINTMENT ONLY and we will be scheduling the appointments for the Smithfield location. You will need to bring your tax documents (W2's, Form 1099s, etc.). Bring proof of donations, vehicle taxes, home taxes, mortgage interest and out of pocket medical expenses. Each taxpayer must bring their original Social Security Card (no copies) for all the people claimed on the return and photo ID. Military ID cannot be used to verify Social Security. **To schedule an appointment for Smithfield, contact Hermanita Harris at 919-705-1784, please leave a message and your call will be returned.**

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 ADVANTAGE PLAN OPEN ENROLLMENT

Do you have a Medicare Advantage plan? The open enrollment period for Medicare Advantage is January 1st to March 31st. This is the time to review your Advantage Plan and make changes for the New Year. Wayne County Services on Aging has SHIP counselors who can help you. For more information, or to schedule an appointment, contact Natasha Artis at 919-731-1608.

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

**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

January 23, 2025 / 2-3:30 pm

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 would like to become a member of the senior center please call Hermanita Harris at 919-705-1784 for an appointment and information on our eligibility require-