

THIS  
MONTH  
AT:

January 2025

# 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

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## COMING IN JANUARY

**Cake decorating**

**January 13**

**Cornhole**

**Competition**

**January 22**

**Savvy seniors**

**January 28**

## January Closings

January 1 for New Years Day

January 20 for MLK Day

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

Peggy Seegars Senior Center

Wayne County Services on Aging

2001 E. Ash Street,

Goldsboro, NC 27530

Phone:(919) 731-1591

[www.waynegov.com](http://www.waynegov.com)

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## 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

FREE TO ATTEND FOR  
AGES 50 & BETTER

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

**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  
5<sup>TH</sup>, 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

WAYNE  
COUNTY  
20  
25  
SENIOR  
GAMES

**WAYNE COUNTY**  
NORTH CAROLINA  
Services on Aging

# 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.

Monday	Name of Activity	Location	Instructor / Leader
9:00am-10:00am	Tone & Tighten Exercise	Multipurpose Room	Lisa Weston/Eugene K.
10:30am-11:15am	Bible Study	Meal Site	Various Instructors
11:30am-12:30pm	Lunch	Meal Site	Wages
1:00pm-2:00pm	Beginner Line Dance	Multipurpose Room	Freda Owen
1:00pm-2:00pm	<i>Bingocize -class is Full</i>	Meal Site	Angela Strickland/Evelyn Wiggs
2:00pm-4:00pm	Craft Class	Arts & Craft Room	Freda Owen
5:30pm	Caregiver Class: Jan 27-ONLY	Arts & Craft Room	Allison Garzo
<b>Tuesday</b>			
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: January 7 &amp; 21</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	01/14-03/04/2025
1:00pm-3:00pm	Crochet & Knitting Group	Meal Site	
2:00pm-4:00pm	Drama Club	Meal Site	
<b>Wednesday</b>			
8:30am-10:30am	<i>Smart Device Clinics:by APPOINTMENT</i>	Conference Room	Kevin Grundmeier
9:00am-10:00am	Group Exercise: cancelled Jan 22	Multipurpose Room	Lisa Weston/Eugene K.
10:00am-11:15am	Devotional Study	Arts & Craft Room	Willie Justice
11:30am-12:30pm	Lunch	Meal Site	Wages
11:45am	Senior Center Birthday: January 29, 2025	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	Meal Site	
1:00pm-3:00pm	Womens Billiards	Billiard Room	
<b>Thursday</b>			
9:00am-10:00am	Arthritis Exercise	Multipurpose Room	Lisa Weston/Jean Farlow
10:00am-12:00pm	Scrapbooking Class: January 9 ONLY	Arts & Crafts	
10:00am-11:15am	Bingo : Cancelled 01/02/2025	Meal Site	
11:30am-12:30pm	Lunch	Meal Site	Wages
12:30pm-2:00pm	Jewelry/In-Liners	Meal Site	
1:00pm-2:00pm	<i>Bingocize: Class is FULL</i>	Meal Site	Angela Strickland/Evelyn Wiggs
12:30pm-2:30pm	<i>Create &amp; Donate: January 9 ONLY</i>	Arts & Crafts	Donna Moerie
4:00pm	Learn Fitness Equipment	Fitness Room	A. Strickland/ E. Wiggs
<b>Friday</b>			
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	Meal Site	
1:30pm-4:30pm	Pinochle	Multipurpose Room	Don Ebron
<b>Saturday</b>			
9:30am	Learn Fitness Equipment	Fitness Room	A. Strickland/ E. Wiggs
10:00am-11:00am	Beginner Line Dance	Meal Site	Frances Ward
<b>SPECIAL MONTHLY EVENTS &amp; PRESENTATIONS</b>			
Monday, Jan 13	<i>Cake Decorating</i>	Arts & Crafts	3:00 PM
Wednesday, Jan 22	Cornhole Competition	Meal Site	Check-in:9:00am/Games:9:30am
Tuesday, Jan 28	<i>Savvy Seniors</i>	Meal Site	10:45 AM

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, 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.



## 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.**

## 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.

## 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



## **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

## **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 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 SHIIP 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-