

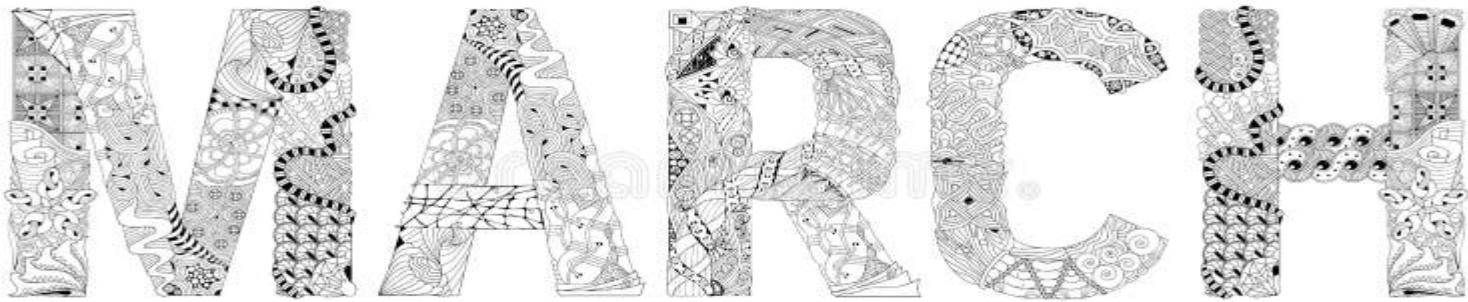
March 2025

# This Month At: Peggy M. Seegars Senior Center



LET'S  
MARCH  
INTO  
SPRING

YOUR WISER WAYNE BEAT



MARCH 2025  
PEGGY SEEGARS  
**PSSC**  
SENIOR CEN-

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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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## UPCOMING EVENTS

### **Treasure Hunt**

**March 17**

### **Tarheel Legislature Update**

**March 19**

### **Hiking Group**

**March 11**

### **HOURS**

Monday thru Friday  
7:30am-5:00pm

Saturday-8:30am-12:00noon

Sunday-CLOSED

### **HOURS EFFECTIVE MARCH 10**

Monday / Tuesday / Thursday  
7:30am-7:00pm

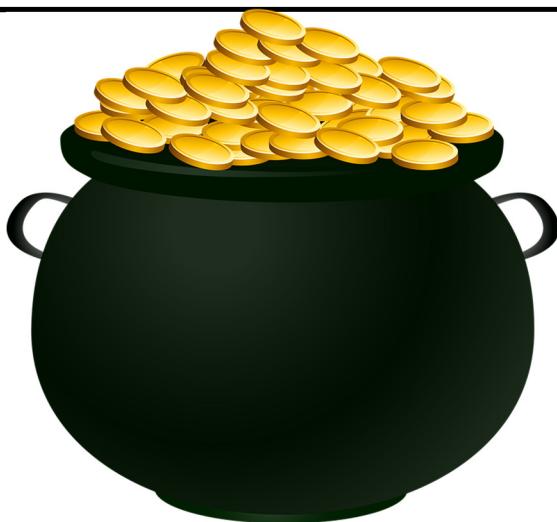
Wednesday / Friday  
7:30am-5:00pm

Saturday / 8:30am-12 noon  
CLOSED Sunday

## 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.

## UPCOMING SPECIAL EVENTS



### ST. PATRICKS DAY TREASURE HUNT

Monday, March 17

10:15-11:30pm

### LET'S HUNT FOR TREASURE

You must wear something green to enter the Hunt, it must be visible. The Hunt will be around the Center and includes riddles, puzzles and more!



### OPEN TO THE PUBLIC

Saturday, April 12

9:00am-Noon

Senior Center Parking Lot

2001 Ash Street

Goldsboro, NC 27530

919-731-1591

Bring your confidential documents for shredding. There is a five-bag maximum per vehicle and we will only take paper. No discs, no binders or trash. Staples and paper clips DO NOT need to be removed. Binder clips MUST be removed prior to being brought to the event.

NO plastics, notebooks, books, magazines, or newspapers.

The Senior Center is CLOSED this Saturday for the event.

**Sponsored by:**

**Southern Bank & Trust**

# 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

### Thursday

Intermediate Line Dance 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

## HIKING GROUP

**Tuesday, March 11, 2025 / 11:00am**

We will walk at the Reedy Branch Greenway. We will meet at the pond behind the hospital. You can turn on Cox Boulevard and follow it to the parking area. We will leave from the parking lot at 11:00 am sharp.

## WHAT'S GOING ON

### State Senior Tarheel Legislature Update Wednesday / March 19 / 11:00am

Martha Bryan, our Senior Tar Heel Legislative Delegate for Wayne County will present an update on the latest session of the Legislature. Seniors will be able to learn what recommendations are being made to our lawmakers, concerning senior citizens. A question and answer period will follow. You will have an opportunity to provide feedback and present any senior related concerns or issues to our representative. This program is free and open to the public.

### Senior Games Corn Hole and Shuffleboard Practice

On Saturdays, in March we will offer practice time, 9:00 to 11:30 am, for those Senior Center members competing in the Corn Hole and Shuffleboard Senior Games. For Corn Hole Practice you must be a member of the Senior Center. Shuffleboard practice is for those participating in the Shuffleboard competition of the Senior Games. If you are not a member of the Center, you must call to register for Shuffleboard prac-

### **CAREGIVER CLASS: Topic- Dementia Communication Monday, March 24, 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.

# PEGGY SEEGARS SENIOR CENTER

March-25

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	Freida 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	Freida Owen
5:30pm		Caregiver Class: March 24-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: March 4 &amp; 18</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	<i>March 25-May 13, 2025</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</i>	Conference Room	Kevin Grundmeier
9:00am-10:00am		Group Exercise	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: March 26, 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	
Thursday				
9:00am-10:00am		Arthritis Exercise	Multipurpose Room	Lisa Weston/Jean Farlow
10:00am-12:00pm		Scrapbooking Class: March 13 ONLY	Arts & Crafts	
10:00am-11:15am		Bingo	Meal Site	
11:30am-12:30pm		Lunch	Meal Site	Wages
12:30pm-2:00pm		Jewelry/In-Liners	Meal Site	
1:00pm-2:00pm		Intermediate Line Dance	Meal Site	L. Weston
12:30pm-2:30pm		Create & Donate: March 27 ONLY	Arts & Crafts	Donna Moerie
4:00pm		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	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				
Tuesday, March 11		Hiking Group	Reedy Branch Greenway	
Monday, March 17		Treasure Hunt	Senior Center	
Wednesday, March 19		Senior Tarheel Legislature Update	Meal Site	Marth Bryan
Saturday, April 12		Shred-A-Thon	Senior Center	

Some regular DROP-IN activities include Billiards, Checkers, Computer Lab, Fitness Room, Puzzles and Word Search, Games and More!

*Italics=registration required*

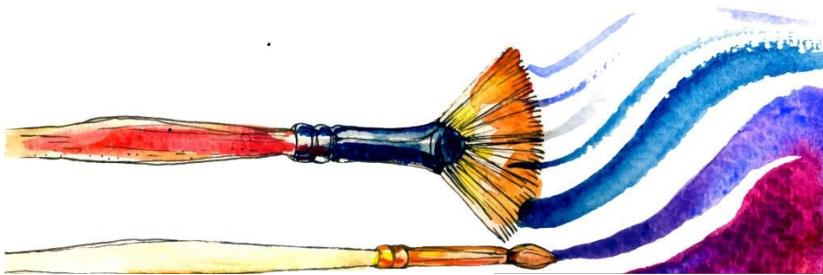
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# exciting ARTS & CRAFT CLASSES

## CREATE & DONATE

### Card Making Class / Thursday, March 27 / 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. Please bring scissors!



**GET Crafty:**  
Make time to make stuff  
March 4 & 18, 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.**

**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 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.

### Scrapbooking Class / March 13 / 10:00am-Noon

Creating a scrapbook is a great way to preserve your special memories. This 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 you may want to work with or magazines to cut, a Scrapbook and Stickers.

# STAY ACTIVE

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.

## **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.

**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



## 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

**Natasha Artis**  
**919-731-1608**

## 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.*

## AROUND THE CENTER

# VOLUNTEER

The Senior Center is so 'LUCKY' to have such an amazing group of volunteers. But we always welcome new volunteers.

We are looking for a volunteer to lead a Beginner Line Dance class on Monday's from 1:00 to 2:00pm. If inter-



### Wayne County Financial Report

The Financial Audit for Wayne County fiscal year ending June 2024 is available at the front desk and available online at [www.waynegov.com](http://www.waynegov.com) under the link for the Finance Department. If you need help accessing the report, call 919-731-1591.

## 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,

## 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**

**April 24, 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

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-