

# Additional Events & Information

## Ensure Distribution

(Ensure, Ensure Plus, & Glucerna)

\*Monday (8:30am until 7:30pm)

\*Wednesdays (8:30am until 4:30pm)

- **Applications and Prescriptions are required.**
- **We accept cash or checks made payable to Caregiver Program**

## Caregiver Support Academy

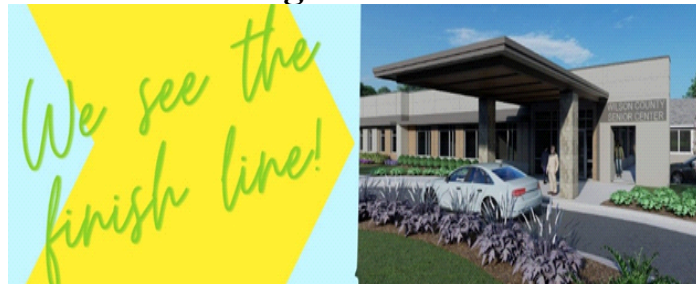
Classes will resume in March 2024

## Services for the Blind Support Group

Contact Annette Mickens (910) 912-2508

**Senior Center Replacement Key Card – (Cost is \$1.00)**

## Our building is almost finished!



### *Staffing Update:*

We would like to welcome Chloe Butts to the Senior Activity Center. Chloe is a senior at Barton College majoring in Kinesiology. She will be here completing an internship with our exercise and fitness classes from February – May 2024!

Please stop by and say hello to Chloe!

## *Happy Birthday*

*to all of our seniors  
celebrating birthdays in  
February!!!*



# FEBRUARY NEWSLETTER

## **WILSON COUNTY SENIOR ACTIVITY CENTER**

**1808 Goldsboro Street Wilson, NC 27893**

**(252) 206-4059 – office phone**

**(252) 206-1987 – office fax**

**[senioractivitycenter@wilsoncountync.gov](mailto:senioractivitycenter@wilsoncountync.gov) - email**

**Connect with us: website ([www.wilsoncountync.gov](http://www.wilsoncountync.gov))**

**Facebook [www.facebook.com](http://www.facebook.com) search Wilson County Senior Activity Center**

## **STATEMENT OF PURPOSE**

THE WILSON COUNTY SENIOR ACTIVITY CENTER SEEKS TO PROVIDE EDUCATIONAL, RECREATIONAL, AND OUTREACH ACTIVITIES FOR SENIORS OF ALL AGES TO ENHANCE THEIR LEISURE LIFESTYLE AND PROVIDE AN ENVIRONMENT WHERE SOCIALIZATION IS MET.

## **OUR HOURS**

Monday (8:00am – 7:45pm)

Tuesday (8:00am – 5:30pm)

Wednesday (8:00am – 5:00pm)

Thursday (8:00am – 7:45pm)

Friday (8:00am – 5:00pm)

## **Senior Center Staff**

Director – Dr. Kesha A. Howell (252) 265-5775

[katkinson@wilsoncountync.gov](mailto:katkinson@wilsoncountync.gov)

Aging Services Specialist – Jill Tarleton (252) 299-5823

[jrtarleton@wilsoncountync.gov](mailto:jrtarleton@wilsoncountync.gov)

Program Associate – Tiffany Lucas (252) 299-5824

[tmlucas@wilsoncountync.gov](mailto:tmlucas@wilsoncountync.gov)

Program Assoc. (PT) – Michelle Parrish (252) 206-4059

[mparrish@wilsoncountync.gov](mailto:mparrish@wilsoncountync.gov)

Program Assoc. (PT) – Kathy Batts (252) 206-4059

[kdbatts@wilsoncountync.gov](mailto:kdbatts@wilsoncountync.gov)

Program Assoc. (PT) – Elizabeth Driver (252) 206-4059

[edriver@wilsoncountync.gov](mailto:edriver@wilsoncountync.gov)

Title V Program – Ruby Ford

Title V Program – David Gorham

### **Other Services & Important Contact Numbers**

Services for the Blind – VACANT (Contact Annette Mickens) (910) 912-2508

Foot Care Appointments – Jennifer Slate (252) 373-2396

# GROUP SCHEDULES

## MONDAYS

Exercise Class w/Emmy @ 10:00am  
Arts & Crafts (11:00am – 1:00pm)  
Shag – (6:00pm – 7:45pm)

## TUESDAYS

Exercise Class – 10:00am  
Tai-Chi – 11:00am  
Bridge (12:30pm – 4:00pm)  
Dance Fitness (Zumba) – 4:30pm (\$3.00 per class)  
T.O.P.S. – 5:00pm  
Shag – 6:00pm (\$35.00 for 5-week session)

## WEDNESDAYS

Yoga – 9:00am  
Ukulele Band Practice – 10:00am  
Arts & Crafts (1:00pm – 3:00pm)  
Quilting w/Friends – 1:00pm

## THURSDAYS

Exercise Class – 10:00am  
Tai-Chi – 11:00am  
MDPP (Diabetes Prevention) – (02/01) 3pm-4pm  
Line Dance – 6:00pm (\$5.00 per class)

## FRIDAYS

Exercise Class – 10:00am  
Music w/Friends – 12:00 - 3:00 (1<sup>st</sup> Fridays only 02/01)  
Bingo – 1:00pm (02/9 & 02/23)

# What's New This Month

- 1<sup>st</sup> Fridays Music Jam (Friday 02/03/2024) from 12:00pm until 3:00pm
- February is Heart Awareness Month! Each week, Wilson County EMS community paramedic will join us for informational sessions on heart attacks, high blood pressure, heart failure, self-care, healthy eating, and having discussions with your primary doctors about medications. This is a free event!!!! Feel free to bring your medications!
- The DPAC presents the Lion King on May 16, 2024. Ticket price is \$65.00 and includes transportation. We will leave the center at 9:30am. Lunch will be on your own in the Southpoint Mall food court. We will arrive for the 1:00pm matinee and return to the center after the show. Signup begins today!!!!
- Bingo will be held on Friday February 9<sup>th</sup> and 23<sup>rd</sup> from 1:00pm until 2:30pm
- Happy Valentine's Day! (Wednesday 02/14/2024)
- Ensure will be available for pickup daily for the month of February from 8:30am-5:00pm
- Yoga Class will only be held on **Wednesdays at 9:00am for the month of February!**
- New Art & Craft Classes! Join us for the following crafts: Puzzle Piece Doorknob Hangers, Abstract Hearts, Winter Cardinals, Hot Cocoa Painting, Watercolor 4-leaf Clovers, Yarn Gnomes, Yarn Shamrocks on Mondays at 11am and Wednesdays at 1pm.
- MDPP (Minority Diabetes Prevention Class) with Melissa Haynes (Health Educator) will begin new classes soon! A1C screenings will be held on Monday (02/12) from 12pm until 3pm, Friday (02/16) from 11am until 2pm, and Wed. (02/21) from 1pm until 3pm. Please contact the center for more information.
- Shag Classes resume on Monday February 5<sup>th</sup> beginning at 6:00pm until 7:45pm
- Overnight Trips are Back! Please see the staff for details. There are a lot of exciting trips planned!
- Tax Preparation Services will be held at the Wilson County Library. The phone number to call is (252) 237-2119. Appointments will be scheduled for Mondays and Wednesdays from 10am-4:00pm until 04/15/2024.
- North Carolina Retired Governmental Employees' Association (NCRGEA) will be here on Thursday February 22<sup>nd</sup> from 1pm until 2pm. All public services and pre-retirees are welcome. Come learn about current legislative issues regarding retirees and how the NCRGEA protects retirees.
- The month of March is recognized as "National Nutrition Month!" Join us on March 7<sup>th</sup> 2024 for a workshop on "Healthy Eating" at 2pm. Melissa Haynes (Health Educator) will be our guest presenter.
- Notary Services are available for members of the Senior Center. The fee is \$5.00. Please call the center for an appointment.

## **COMING SOON!!!!**

*\*A Matter of Balance\* \*Chronic Pain Classes\* \*Grief Support\**  
*\*Age My Way Celebration\* \*Caregiver Academy\* \*New Exercise/Fitness Classes\**  
*\*Computer Classes\* \*Health Eating/Cooking\* \*New Day Trips\**

## **Additional Information**

Check out our Facebook page and county webpage ([wilsoncountync.gov/departments/senior-center](http://wilsoncountync.gov/departments/senior-center)) for links to our monthly newsletter beginning in February.